

Slim YOGA



Day	Date	Time	
Wed	2-Jan-08	8.30am	<i>Slim and curved waist.</i>
Thursday	3-Jan-08	8.10pm	
Wed	9-Jan-08	8.30am	<i>Well shaped thighs and hips. Cellulite buster.</i>
Thursday	10-Jan-08	8.10pm	
Wed	16-Jan-08	8.30am	<i>Colon cleansing. Detoxification.</i>
Thursday	17-Jan-08	8.10pm	
Wed	23-Jan-08	8.30am	<i>Slim and fat free abdomen. Tummy trimmer.</i>
Thursday	24-Jan-08	8.10pm	
Wed	30-Jan-08	8.30am	<i>Stomach cleansing. Detoxification.</i>
Thursday	31-Jan-08	8.10pm	
Wed	6-Feb-08	8.30am	Chinese New Year
Thursday	7-Feb-08	8.10pm	
Wed	13-Feb-08	8.30am	<i>Firm and well shaped breast.</i>
Thursday	14-Feb-08	8.10pm	
Wed	20-Feb-08	8.30am	<i>Strengthen the mind and re-energise the body.</i>
Thursday	21-Feb-08	8.10pm	
Wed	27-Feb-08	8.30am	<i>Smooth and soft skin. Rejuvenating.</i>
Thursday	28-Feb-08	8.10pm	
Wed	5-Mar-08	8.30am	<i>Re-tone and firming of arms and legs.</i>
Thursday	6-Mar-08	8.10pm	

Subject to change without prior notice

Yoga is a great way to strengthen your mind and body and get in shape as well as a great way to unwind after a long day. Yoga works for all ages and weights. Yoga offers a slow and steady weight loss option that keeps the individual healthy as they lose weight. Though it is not as quick, it can be permanent.

