



Join Julie for either or both of these **6-week yoga** course in English (in North Sydney) & Mandarin (in Chatswood), which includes tai chi, chi gong, sound healing, oriental herbs & lifestyle tips to beat the Monday Blue! 對抗藍色星期一!請跟小朱參加以下為期六週的瑜珈課程。課程內容融合瑜珈與氣功, 太極, 音療, 東方草藥學及養身心得分享。可選英語(North Sydney)或國語班(Chatswood)。

### Course 1: Summer Limber and Detox Yoga (13/1-3/3/14)

Be inspired towards your best summer self! As we peel off our winter layers and make way for sunny days ahead, these detoxifying classes will help wake up your muscles, cells and spirit. Benefits:

- Weight control
- Greater self-confidence, poise and posture
- Improved flexibility and sports performance
- Deeper, more effective sleep (after class!)
- Gentle detoxification and cellular rejuvenation.

### Course 2: Autumn Nurturing Yoga for 40+ (10/3-14/4/14)

Julie is turning 40! Most of us, particularly Asian Women, hate to reveal our age. Indeed, Julie hid her age from the whole world until she realised how wonderful it feels to be comfortable in her own skin. So let's celebrate! If you are aged 40 or over, come celebrate with Julie! Learn how to age gracefully, naturally and beautifully.

Venue: Quibaree Park, Lavender Crescent, Lavender Bay (stunning Sydney Harbour view near North Sydney & Milsons Point Stations, Bus stops & Wharf)

Day/Time: Mon 6-7pm

Investment: \$110 each course. Bring a friend & enjoy a \$10 gift voucher

Contact: Julie at [www.taimei.com.au](http://www.taimei.com.au) or 0414 189264 today.



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### Course 1: Summer Limber & Detox Yoga (13/1-3/3/14)

#### 課程1:夏日瑜珈動一動, 排排毒

2014擁有最美好的夏天, 換個好心情!告別了昨日厚重的冬季外套, 微笑的擁抱夏日的陽光。讓這套排毒課程叫醒您的肌肉, 細胞及精神。

讓我們:

- 控制體重
- 擁有良好的自信及姿勢
- 改善柔軟度及運動表現。
- 睡眠品質更良好
- 輕微將體內的廢物排出, 讓細胞恢復生機。

### Course 2: Autumn Nurturing Yoga for 40+ (10/3-14/4/14)

#### 課程2:用瑜珈來愛護年滿40歲的你

資深台妹小朱即將邁向40歲了!許多人厭惡透露自己的真實年齡, 尤其是東方女性。小朱以前也安靜的把年齡藏在世界的一角。直到有一天, 發現接受自己是多美好的一件事。如果你也年滿40,跟小朱一起慶祝這份美好吧! 讓我們用優雅, 天然及美麗的姿態, 面對年齡。

中文班: K Pop Star, Ground floor, 765 Pacific Hwy, Chatswood

價格: 每套課程\$110。帶一個朋友參加, 您將享有\$10的禮卷。

日期時間: Mon 12-1pm

聯系: 小朱 Julie, [www.taimei.com.au](http://www.taimei.com.au), 0414 189264.