



HONG KONG ACADEMY OF MEDICINE  
香港醫學專科學院

# Revive Your Body and Soul:

## *Yoga for Neck and Shoulders, Combined with Meditation*

Free online class

25 April 2021 (Sunday)

2:30pm - 3:30pm

Online class through Zoom

**About the class:** Throughout the 1-hour online class, you may learn at your home the simple and gentle yoga designed for relieving physical (such as back and neck) or mental stress after work. Breathing practice and relaxation techniques are also included to maintain your optimal health. The class is beginner-friendly.

**Language:** Cantonese supplemented by English

Academy Fellows, Members and Specialist Trainees of Academy Colleges are welcome to join!

Take a step closer to a healthier lifestyle! Mark your schedule, spend a refreshing afternoon with us to learn the yoga and meditation skills.

**Click the link or scan the QR code to register now!**

<http://page.hkam.org.hk/yoga2021>

**Registration deadline:  
19 April 2021**



For enquiries, please contact us at [connect@hkam.org.hk](mailto:connect@hkam.org.hk).