



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

# Revive Your Body and Soul: *Restorative Yoga*

**Free online class**

**25 July 2021 (Sunday)**

**2:30pm - 3:30pm**

**Online class through Zoom**

**About the class:** Restorative yoga focuses on releasing tension and stress in your body and mind. Spending an hour for this beginner class will help you feel more at ease, both mentally and physically.

**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:  
20 July 2021**



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