

YOGA DAY RETREAT AT AASFP

Transforming your Hips and Legs

Correct use of techniques in the standing and forward bending asanas greatly affect the uniformity of the legs and pelvis, transforming the irregular unconscious habits that cause imbalances in our bodies

AASFP / YOGASANA

Retreat Run Down on 08th Oct. 2011

(Course Code : WS111008)

10am - 12pm

Asana practice

12pm - 2pm

lunch

2pm - 5pm

Transforming your Hips & Legs

5pm - 6pm

Pranayama & meditation

Fee : HK\$1950

AA member HK\$1850

(3 weeks early bird discount HK\$150)

Venue : AASFP classroom

CEUs : 0.6

Presenter Descriptions

Michel is registered "Experience 500 hrs" and there are only 5 Teachers who have that recognition. It means Michel is the one can teach 200 hrs / 500 hrs and on going training for the students who needs to keep their registration going.



Mr. Michel Besnard

Accredited by IYTA (International Yoga Teacher Association)
Registered as "Experienced 500 hrs" at Yoga Alliance



ASIAN ACADEMY FOR SPORTS & FITNESS PROFESSIONALS
亞洲運動及體適能專業學院



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