

Instructor Barbara Vadivello, a Swiss, permanently residing in Malaysia since 1993 has had an extensive training in Yoga from Sivananda Yoga Vedant Centre in Uttar Kashi, North India, with its head quarters in Quebec, Canada.



She obtained the Yoga Siromani, Teacher of Yoga Award to train and render meritorious service in the field of PROPAGATION OF YOGA after a very meticulous training with excellence. She has since then conducted yoga classes in Kuala Lumpur.

Physio**Assist** Fitness Centre under the umbrella of **BainsPhysio** Clinic is proud to have Barbara to conduct Yoga classes in the Melawati Centre that could benefit many residents in the vicinity.

Classes are in progress. You may call us and have your days booked. The sessions are very interesting and body, mind & soul relaxing. For those who wish to obtain this wholesome, This is the place !!!!

ONLY 9 to a class !
Seats are limited!

Our Qualified
Physiotherapist
will carry
out
Joints Screening
to ensure that
you
successfully
accomplish
the programs
for wellbeing.

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hatha yoga

YOGA

Yoga

Yoga allows you to harmonize both your body, mind and soul an offer that is not made in any other type of exercise. It is a healing discipline.

HATHA YOGA is a branch of Yoga dealing with movement. It is the most popular form of yoga involving many different postures while simultaneously controlling breath. You will be amazed to see changes in yourself....with improved Energy & Greater Sense of wellbeing

**An Ancient Science
of life
that unites the
mind, body & soul**



Yoga promotes relaxation, helps us understand our inner strength, thus empowering us to find balance, serenity and calmness amidst stress in our daily life. Physically it focuses on strengthening core muscles

Following the Sivananda tradition. Each class comprises the following elements:

- i. Initial awareness and relaxation (Savasana)
- ii Breathing Exercises (Pranayama)
- iii Warm-up exercises (Surya Namaskar)
- iv Yogic Postures (Asana)
- v Final Relaxation (Savasana)
- vi Meditation

THERAPEUTIC BENEFITS:

It acts via the Vagus Nerve, the calming path of the Autonomous Nervous System.

Returns circulation to normal.

Improves concentration and induces relaxation.

Stretches your joints.

Strengthens your muscles.

Increases Intestinal Activities with breathing pattern in yoga to enhance emotions.

Most Common questions asked:

- Q** Can I join Yoga Classes ?
A For the beginners, Yoga is gentle and is an evolving exercises that can be performed regardless of age.
- Q** What to prepare?
A Mats and props are available at the studio All you need is a comfortable T-shirt, exercise pants and most important an open mind.