



Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga can help reduce stress, lower blood pressure and improve heart function. AND almost anyone can do it! Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

***"its never too late
its never too bad
and your never too old or too sick
to start from scratch once again"***

bikram choudhury



The Club intends to commence weekly yoga sessions in the gym at Bay Avenue Clubhouse commencing SATURDAY, 6 SEPTEMBER 2014

Day : Saturdays

Time : 4:00pm - 5:00pm

Those interested please register your name and pay the appropriate fee at the OFA office by 30 August 2014

RM25/month (for OFA member/spouse)

RM55/month (for non-OFA member)