



RELAX

your mind

Management reserves the right to reschedule classes when deemed necessary.

CLASSES EVERY TUESDAY, 10AM – 11AM

YIN YOGA SHINE: 28 MAR, 4, 11, 18 APR

YIN YOGA FLOW: 25 APR, 2, 9, 16 MAY

YIN YOGA REJOICE: 23 & 30 MAY, 6 & 13 JUN

10B Health Resource Centre @ NUH Medical Centre, Level 10, Corridor G

To register, please email ncishrc@nuhs.edu.sg or call 9836 8204*.

Chrissie, our programme's main instructor is also a Leukaemia survivor. Today, Chrissie specialises in teaching Yin Yoga where she uses the breathing techniques to aid the body in the recovery process. She is able to tailor the programme to suit each individual's capabilities and range of movements, taking into account the limitations of his/her condition. Visit www.ncis.com.sg for full-year programme.



Chrissie Tan

Pricing

\$10 per class
\$30 per bundle of 4 classes
(for any 4 classes out of the next 8)

*Operating Hours: Mon - Fri, 8.30am to 6pm.

**As space is limited, classes are strictly for cancer patients, cancer survivors, and/or their caregivers only.

Class Outline

Assessment of patients' physical condition
Calming breathing exercises
Gentle Yin stretches
Yogic sleep - guided relaxation
Sharing and bonding session