

YOGA - A Path to the Self

How can Yoga liberate us? Can Yoga teach me anything?

talk by George Dovas

- ◆ Director of the Iyengar Yoga Centre of Hong Kong
- ◆ Student of world-renowned yoga teacher BKS Iyengar
- ◆ One of the “5 best yoga teachers in Hong Kong” (Lifestyle Asia magazine).



Monday, 26 March
7:00 - 8:15pm

Sathya Sai Baba Centre
10/F1., Block A-1, Burlington House
92-94 Nathan Road, Tsim Sha Tsui, Kowloon



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