



For Immediate Release

**mYoga Celebrates the First Anniversary of the Causeway Bay Club
Join now for just HK\$19**

31 March 2009, Hong Kong – What's more important than staying fit and well to be able to get through the stress and uncertainties we are faced with today?

mYoga is spreading cheer in April, as it celebrates the first anniversary of its Causeway Bay club with a series of fun-filled activities and alluring goodies in appreciation of continued support from members and, as importantly, to continue with its mission of keeping everyone fit and well inside and out.

Don't miss the following festivities at mYoga's Causeway Bay club!

Super Saturday - 18 April 2009 (Saturday), 12pm-6pm

Join an exclusive Rhythm2Move session (12:50pm-1:50pm) to dance your stress away before hopping on to a healthy food bazaar to reward yourself with healthy treats!

Anniversary Party - 19 April 2009 (Sunday), 4:45pm-6:45pm

Celebrate the club's first anniversary with mYoga's very own instructors who are all ready to showcase their musical and dance talent. Be ready for lots of goodies!

Over the past year, mYoga's Causeway Bay club, the largest yoga club on Hong Kong Island, has swiftly emerged as a highly sought-after venue to rejuvenate one's body and the soul. Occupying over 25,000 square feet, the club is particularly renowned for its stunning view of the Victoria Harbour, studios streaming with natural daylight, plus contemporary spa-like interior design.

To stay fit and well, join mYoga now for only HK\$19 to enjoy an impressive range of more than 50 different body and soul programmes; from hot yoga, women's yoga, Pilates, dance, cycling and more – all under one roof!

mYoga Causeway Bay Club

7th & 8th Floors, World Trade Centre, 280 Gloucester Road, Causeway Bay

Phone: 2576 9990

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About mYoga

mYoga, Hong Kong's largest yoga club is more than just yoga. This unique holistic concept provides balance by uniting yoga and group exercise – joining both body and soul with the widest variety of mind and body programs under one roof. mYoga offers a healthy workout environment, a welcome respite from the hustle, bustle and pollution of city living and a much needed escape from the pressures of everyday modern life.

mYoga is owned by international health club giant, [24-Hour Fitness Worldwide](#). The first Asian branch of mYoga was launched in June 2006 at Grand Tower in Mongkok, followed by a second club in Malaysia which opened in 2007. The third site opened in the bustling district of Causeway Bay, Hong Kong in April 2008. www.myogaonline.com

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