



For Immediate Release

Restore and Rejuvenate with Meridians Yoga at mYoga

Hong Kong, 20 April 2010 – mYoga, Hong Kong's largest yoga and group exercise centre, is proud to introduce Meridians Yoga, a new class available in both Causeway Bay and Mongkok clubs this month.

According to traditional Chinese medicine, meridians are invisible channels that connect the different parts of the body, along which *qi*, or energy, flows. Achieving a balance in the meridians network is the key to good health. When one is healthy, energy flows without hindrance along the network. Otherwise, energy stagnates in the meridians, leading to health problems.

"Meridians Yoga helps to activate and balance the flow of energy in the meridians network, bettering the health and functioning of the associated organs and the body as a whole," said mYoga instructor Hazel Tsui who has a strong interest and background in traditional Chinese Medicine besides yoga.

"Additionally, it also helps to enhance the lymphatic circulation, increase metabolism and support the immune system, delivering tremendous restorative and rejuvenating benefits as a result."

Meridians Yoga has a long history with traditional Chinese medicine, and is a safe and effective tool to relieve common problems such as unstable emotions, bad temper and insomnia, largely by focusing on breathing, as well as balancing the flow of energy in the body. Over time, you will feel refreshed and rejuvenated.

Meridians Yoga is under the umbrella of Yin Yoga – a growingly popular yoga concept around the world, which essentially exercises the connective tissues in the body, where energy runs through, in a quiet and relaxed manner by holding postures for several minutes.

"It is not as complex as one may think. The important thing is to feel the body and the mind while practising, and enjoy it! In fact, thanks to the influence of Yin Yoga, most of the postures in Meridians Yoga are sitting postures as opposed to standing ones, making it easier for all levels of participants to practise and concentrate on breathing with no need to worry about keeping the body in balance," added Hazel.

For more information on Meridians Yoga at mYoga, please call 2390 7788 (Mongkok club) or 2576 9990 (Causeway Bay club).

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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 branch of mYoga was launched in June 2006 at Grand Tower in Mongkok, followed by a second club in the bustling district of Causeway Bay, Hong Kong in April 2008. www.myogaonline.com

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