



For Immediate Release

## mYoga Introduces Nike Dynamic Yoga Training

Hong Kong, 13 January 2010 – mYoga, Hong Kong’s largest yoga and group exercise centre, is proud to introduce Nike Dynamic Yoga Training, a new class available in both Causeway Bay and Mongkok clubs starting this month.

Nike Dynamic Yoga Training is a brand new sport-inspired concept which adds dynamism to yoga by injecting interactive elements. It includes various yoga poses focused on five elements, namely cardio, core, balance, flexibility and strength, to achieve optimal workout and health benefits, and reduce injuries.

“ Many people are unaware of the importance of a well-balanced training regimen which should, in fact, comprise the above five elements,” said George lu at mYoga, who has completed the thorough training as an instructor of Nike Dynamic Yoga Training.

“The new class is designed to provide an all-round training programme, and it suits everybody – no matter whether you are a veteran athlete or an absolute beginner, you will simply be stunned at how yoga helps rev up the body’s abilities and performance in so many ways,” explained George.

“It’s brand new, easy to learn and so much fun. So don’t miss it! There’s no better way to kick off a more dynamic and healthier New Year.”

### Nike Dynamic Yoga Training – illustrated by George lu at mYoga



#### The five elements

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|-----------------|--|
| <b>Strength</b> | Improve the strength and flexibility of your legs, buttocks, body and shoulders                    |
| <b>Cardio</b>   | Raise your body’s core temperature for more effective stretching of major muscle groups and joints |
| <b>Balance</b>  | Learn how to focus on your concentration to maintain your balance                                  |
| <b>Core</b>     | Stretch and flex training for your abdomen, arms and spine   |

**Flexibility** Improve the flexibility of your hamstrings, lower back, arms and spine

For more information on Nike Dynamic Yoga Training 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](http://www.myogaonline.com)

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