



For immediate release

**Special Yoga Workshops**  
**With Marla Apt and Paul Cabanis at mYoga**

(2 February 2009) – mYoga, Hong Kong’s largest yoga and group exercise centre, is pleased to introduce a series of workshops with renowned yoga instructors Marla Apt and Paul Cabanis of Yoga Works (USA) this March.

The four workshops will cover a range of topics including:

- Step by step to inversions: your anti-aging remedy – inversions are poses that work against gravity and improve circulation. Our spines take a lot of pressure day-to-day no matter whether we’re walking, standing or sitting.
- Better your forward bends, enhance your sleep - Insomnia is usually caused by stress among the urban dwellers. Forward bends release tension in the heart and the muscles nearby and also relax the mind
- Reawaken your spine with backbends – we spend a lot of time leaning forwards, especially those who work at a desk. The muscles between the spine and the chest and stomach are full of tension. Backbends can help improve breathing and increase confidence and decisiveness.
- Explore a seasonal approach to your yoga practice through Ayurveda – some poses work better in some seasons. For example in the summer, forward bends are good because they are ‘yin’ while in the winter the ‘yang’ nature of backbends can increase body temperature.

Date	Time	Location	Title
28 <sup>th</sup> Mar (Sat)	11am-2pm	Mongkok	Step by step to inversions: your anti aging remedy (suitable for all levels)
28 <sup>th</sup> Mar (Sat)	4pm-7pm	Causeway Bay	Better your forward bends, enhance your sleep (suitable for all levels)
29 <sup>th</sup> Mar (Sun)	11am-2pm	Causeway Bay	Reawaken your spine with backbends (suitable for all levels)
29 <sup>th</sup> Mar (Sun)	4pm-7pm	Mongkok	Explore a seasonal approach to your yoga practice through Ayurveda (suitable for all levels)

Each workshop costs HK\$400 and is open to both mYoga members and non members (mYoga and California Fitness members receive a 10% discount). For enquiries or reservations, contact Jean Goh at e: [jeangoh@myoga.com.hk](mailto:jeangoh@myoga.com.hk) or t: 9641 9861.



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.

-ENDS-

Notes to Editors:

**Marla Apt** is a certified Iyengar Yoga Teacher and has been teaching yoga for over 15 years. She is one of the senior teachers at Yoga Works and the Iyengar Yoga Institute of Los Angeles and regularly leads workshops and teacher training throughout Southern California and internationally.

Marla studied with BKS Iyengar in India, Europe and the U.S. She is currently on the National Certification Committee and is an assessor for National Teacher Certification exams.

Marla and her husband, Paul have worked with leading Doctors through the University of California Los Angeles (UCLA) to conduct medical studies researching the effects on Iyengar yoga on clinical depression and generalized anxiety disorder. They have been invited by UCLA to design a yoga therapy curriculum for the prestigious UCLA medical school.

Marla was recently featured in the American Yoga Journal as one of the 21 most influential yoga teachers in the United States and the yoga community.

**Paul Cabanis** is a certified Iyengar Yoga Instructor and has been teaching yoga for 17 years. From 1995-1997 he spent two consecutive years in residence at the Iyengar Yoga Institute in Pune, India where he studied with BKS, Geeta and Prashant Iyengar and assisted in both the general and medical classes. He returns to India frequently to continue his studies as well as participate in worldwide Iyengar Yoga events. He is an assessor for the national teacher certification exams.

In addition to being one of the senior teachers and staff at the Iyengar Yoga Institute of Los Angeles and Yoga Works, Paul teaches numerous workshops, teacher training courses and retreats nationally and internationally. Paul is well known for his ability to weave his love of art, music and philosophy into his humorous teaching style.

For further press information or high resolution photography, please contact Emma French or Angela Wong at CatchOn:

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#### Locations

##### Hong Kong

- 7th & 8th Floors, World Trade Centre, 280 Gloucester Road, Causeway Bay, Hong Kong. Phone: 2576 9990
- G/F, One Grand Tower, 639 Nathan Road, Mongkok, Kowloon, Hong Kong. Phone: 2390 7788

##### Malaysia

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