



Persatuan Setiausaha Profesional dan Pentadbir Malaysia Malaysian Association of Professional Secretaries & Administrators

(formerly known as Secretaries Society Malaysia) 356 (SEL)

A Member of the Association of Secretaries and Administrators Professionals in Asia Pacific (ASAPAP)

An Affiliate of International Association of Administrative Professionals (IAAP)USA

An Affiliate of the National Council of Women's Organisation Malaysia (NCWO)



DO YOU YOGA?

Dear Members.....Do you really know what YOGA is all about? Touching toes with fingers? Twisting and wrapping like pretzel? Ahh....then you have just missed out the roots of YOGA and its holistic benefits which is being acknowledged globally including the renowned Harvard Health.

Many people say YOGA is an ancient method of training and others call it a set of difficult poses. The word "YOGA" means union. It is with this practice that connects the body, mind, and spirit through different body postures, meditation and controlled breathing.

Come and learn more about YOGA. It is not just about bending or twisting the body and holding the breath. YOGA aims to create perfect harmony between your mind, body and spirit. When you find-tune yourself, everything functions wonderfully within you, you will bring out the best of your abilities! This work out is meant not just for the young and agile as you think, but for people in the maturing years too.

MS EVON LAW is a Certified Harta Yoga Teacher, having been accredited by National Academy Sports Medicines (NASM) on sports sciences, body anatomical mechanism, sports injury preventions & rehabilitations, muscular strength on anaerobic & isometric and is a weight loss specialist, too. She conducts Flow Yoga, Yoga, Fit Ball Core, etc, at health clubs, fitness centres, including conducting sessions at health workshops, boot camps, etc, for the past two decades.

Evon's classes are not only challenging, but playful, fun and more importantly safe, balanced and inspiring. Her vast knowledge in the field of Yoga enables her to draw on what is best and most relevant for each individual's development. With such passion and caring disposition, she has been a source of motivation for all her participants.

PROGRAM

- Day/Date: Saturday, 17th November 2018
- Venue: Hash Room, Ground Floor, The Selangor Club, Dataran Merdeka, Jalan Raja, KL
- Time : 12.30 to 1.30pm Light Refreshments; 1.30 pm to 3.30 pm Yoga Session
- Attire: Exercise outfit OR comfortable pants & t-shirts **(Please bring along your yoga mats)**
(If you do not have yoga mat, please bring a big and thick towel)
- Agenda: 12.30 pm Networking & Light Refreshments
1.30 pm Talk Presentation by Ms Evon Law followed by Yoga Session
3.15 pm Question & Answer Session
3.30 pm End of Talk/Session
- Fees: FOC for Members; RM15 for non-members
- RSVP: **Latest by Thursday 15th November 2018 (NOTE: If we do not have a minimum of 30 pax, the session will be called off in view of room rental)**
Gim Cheah – Learning & Personal Development Manager (HP: 019-3358064) OR
Cheah Yeung Hua – Events Manager (HP: 012-3851377)

In view that Rumah Mapsa is undergoing renovation in November and December, we are holding our November talk out of Rumah Mapsa. We look forward to receiving enthusiastic response from all members to make this event successful. Thank you and regards,

BETTY PHUA – PRESIDENT

HP: 019-3365115 (president@mapsa-malaysia.com)