



HYC Yoga & Wellness

21-Day Yoga Immersion



STRESS FREE | ENJOY LIFE | RELAX BODY

It's time to take care of YOU!

August 1 – 21, 2021

- Create new & healthy routine
- Enhance your immune system
- Improve strength, flexibility, endurance and balance
- Self-cleansing, detoxification at all levels: physical, mental and emotional
- Build a better body shape and temperament



Contact huanyao.yoga@gmail.com
for more info.