




# \$30 OFF for a ganban-yoga class worth \$50

### Terms and conditions

1. See website for schedules and appointment is required, call 6756 0636.
2. This voucher is not exchangeable for cash.
3. This voucher is applicable to new customers only.
4. Each person is entitled to 1 gift voucher.

Authorised by 

Expires 31<sup>st</sup> Aug 2012

An exclusive promotion with *ChamorroChica*

### Ganban'Yoga – hot yoga the Japanese Way

Try our relaxing and rejuvenating ganban' yoga class, this is a combination of ganban-yoku therapy and gentle yoga. The 1 hour session includes stretching and doing basic yoga poses on heated stone that radiate infrared rays and negative ions. See website for class schedule.



### Benefits of ganban-yoku

- Anti-ageing
- Repair damage skin
- Weight-loss
- Reduced cholesterol levels
- Diabetic sufferers\*\* report reduced sugar levels after multiple treatments/health improvement
- Cancer patients\*\* report pain relief and improvement of general wellbeing
- Reduced wrinkles and skin firming
- Increased immune resistance
- Improved blood circulation
- Relief of pain and stiffness

\*\* Improved health and containment of diseases are based on testimonies of people who have benefited after multiple sessions. We do not claim to cure any form of diseases or illness.



Bus No. 52, 132, 162,163, 165, 166, 167,855 and 980  
Bus No. 410 from Marymount MRT

No 1 Thomson Ridge, Singapore 574633

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