



# TaiQi & Martial Arts Combat Yoga at The Mandarin Spa

The Mandarin Spa is delighted to welcome Ella Tham from PURE Yoga who will be hosting a series of Yoga classes. TaiQi Yoga offers a total body workout while bringing a sense of peace and calm to the mind, while Martial Arts Combat Yoga is a true cardio energiser.

Sundays – 10am to 11am for Martial Arts Combat Yoga and  
4pm to 5pm for TaiQi Yoga

HKD1,000 per person per class

**PURE**  
YOGA

For more information and reservations,  
please call +852 2825 4888 or email [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com).

