



# YOGATAAL™

Range of Pre-choreographed Group Fitness Routines

*Yogataal* is a group fitness exercise routine combining the basics of modern yoga practice with the atmosphere of contemporary world music.

*Yogataal* takes relatively simple yoga stances and poses and links them together to produce a dynamic, flowing and energetic fitness routine. The emphasis is on improved flexibility and muscular endurance, and Yogataal effectively imparts the fitness benefits of yoga to the recreational enthusiast. Each Yogataal class contains a coherent human theme with spoken passages, music and movement all contributing to make the class an experience, not just a workout

Classes cater for all levels of participant. *Yogataal* will challenge and improve your flexibility, core strength, concentration and endurance within an enjoyable, dance-like atmosphere.

## Embrace the Experience

[www.csprofessionalfitness.com](http://www.csprofessionalfitness.com)

CS PROFESSIONAL FITNESS

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