

CONNECT | LEARN | PLAY
YOGA CLASS
瑜伽班



Our instructor | 导师

Rini Teng

- RYT200 Yoga Teaching License
- Progressive ballet training teacher license



Rini has over 20+ years of teaching and performing experience in various dance styles like ballet, contemporary, and Classical Chinese dance. She's a renowned Chinese dancer with international accolades.

Her dance expertise enriches her yoga instruction, infusing movement, rhythm, and flow. Rini's yoga classes aim to guide individuals on a journey of self-exploration and growth, fostering physical strength, flexibility, inner peace, and self-love.

從事表演藝術工作二十余年，有豐富的演出及教學經驗。少年時期進入藝術學校和舞團接受專業的舞蹈訓練，並作為國際交換學生前往美國學習一年。在珀斯也創作許多的舞蹈節目和帶領團隊參與多項演出。

她在舞蹈方面的背景使她能够將動作、節奏和流動融入她的瑜伽教學中。不懂瑜伽的、希望解除壓力與期待改變生活的，都可以來到Rini的課堂上，感受她溫暖的關心與教學。在瑜伽的道路上，Rini得到許多。她希望能將這份愛與喜悅，傳遞給所有來到課堂的同學。

期待帶給學員的是知識和正面能量的滿足，同時也將健康的動力傳遞給身旁的人。瑜伽是生活的態度，值得用一輩子來學習。

26 Feb
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25 Mar
9:15-10am
Every Monday
(except 11 March 2024)

Main language | 主要语言
Mandarin & English | 华语和英语

Venue | 地点
**Hillview Intercultural Community Centre,
1-3 Hillview Place, Bentley WA 6102**

Cost | 費用
Member (會員) \$10
Non-member (非會員) \$12

(lunch and other activities such as cooking class, yoga class, community talk & Mahjong are included). |(包括午餐和其他活动，如烹饪课、瑜伽课、社区讲座和麻将)。



Scan to RSVP

For more details, please email us | 如需更多信息，请发送电子邮件至 info@culturecarewa.org.au

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