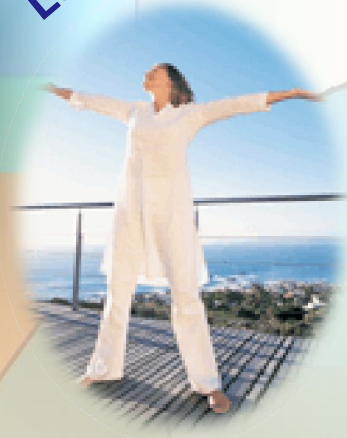




**SIA GROUP
SPORTS CLUB**

De-Stress Effectively & Achieve Restful Sleep

**Learn The Art Of Qua Sha
Massage !!**



Date : Saturday, 7 July 2012

**Time: 2.00pm to 5.00pm
(Registration starts at 1.30pm)**

**Venue : SIA Group Sports Club
- Member's Lounge**

**Admission : Members \$22/-
Non Members S\$28/-**

Closing Date : Sunday, 1 July 2012

(Massage oils for usage on the day, Instructional handouts , herbal tea and finger food provided)

(Minimum 10 Participants)

Please come in tops with no collar or sleeves (short sleeves with shorts or bermudas and loose footwear preferred) .
(No Track shoes & socks)

- How to reduce stress, enhance immune system and maintain good health and restful sleep through an easy-to-learn D.I.Y. meridian acupressure massage?**
- How different types of aromatherapy that will help participants to achieve deep rest and thus enhance their concentration and performance at work**
- How to promote a smooth flow of energy through your heart and small intestine with skillful choice of natural herbs essential oils**



For enquires, please call
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Details also available at the Club Reception and Club Website