





PENANG BAR'S YOGA EVENING

CONNECTING THE BAR, SUPPORTING OUR OWN

 17 5 June 2026 (Friday)  6:00 p.m. - 8:00 p.m.

 De Yoga House, No. 8a Jalan Vermont, 10450 George Town, Penang

 RM45 per person [Limited to 20 pax]

Join us for an integrative yoga session to relax and rejuvenate the body, mind and soul.

Legal professionals face continuous pressure requiring focus, emotional control and decision-making skills. This session aids in maintaining composure, managing stress and enhancing performance without burnout. It helps restore mental clarity, regulate stress and release physical tension, promoting sustained high-quality performance.

In 2 hours, you'll experience:

Breathwork

Structured breathing techniques to regulate the nervous system, reduce cortisol and stress reactivity, enhance focus, emotional control and mental clarity

Gentle Flow Yoga

A gentle yet effective movement session designed to release physical tension stored from prolonged sitting and mental strain

Yoga Nidra

Fatigue Recovery

A deeply restorative guided practice that induces a state of conscious rest, helps process accumulated stress and mental fatigue


Improved focus

Stress Relief

The Facilitator

Baita, with over 15 years in healthcare, distinguishes between symptom relief and true healing. Combining her psychology background with holistic practices like yoga, she merges scientific principles with mindfulness. Her methodology includes psychology, yoga, nutrition, nervous system regulation and subconscious rewiring, aimed at helping women manage chronic stress and emotional exhaustion while enhancing focus, resilience, and self-mastery.



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