LADY SURVEYORS' COFFEE MORNING

4 MAY 2019 8.00AM - 1.30PM

Seats are limited!!

RM 150.00

Date :



ABOUT 30% CLUB

30% Club started as a campaign in the UK in 2010 with a goal of achieving a minimum of 30% women on FTSE-100 boards. The 30% Club was launched in Malaysia on 8th May 2015 by the Prime Minister attended by Chairmen, CEOs, and business leaders who are committed to bringing more women onto Malaysian corporate boards.

ABOUT MIND AND BODY DETOX

We need to breathe more slowly and deeply in daily life. Quick shallow breathing results in oxygen starvation which leads to reduced vitality, premature aging, poor immune system and a myriad of other factors. NirvanaFitness uses prolonged exhalation breathing technique in order to deepen breathing, slow it down to produce amazing array of benefits, including optimum oxygenation and deep sense of relaxation through conscious breathing. Music, movement & breathing, all executed in one continuous rhythmic flow, producing feeling of super calm mind while toning up the whole body and charging you with extra new energy with the help of most efficient pilates/yoga exercises.

REGISTRATION FORM

Please fax to 03-79550253 or e-mail at qsdiv@rism.org.my

CLOSING DATE: 29 April 2019

KEGIOTKATION FEED		D11 4 D0 00
REGISTRATION FEES	RISM Members	RM 120.00
RISM Membership No. :	Vehicle Reg. No. :	
Mobile Tel. No. : Office Tel.No. :		
		-
	Email Address	:
Address :		
Company :		
Name :		

Non-Members

Signature