

Yoga class enrolling at AOMAF



Academy Of Martial Arts & Fitness

JUN FAN GUNG FU - JEET KUNE DO CONCEPTS - FILIPINO KALI

In addition to martial arts, the Academy of Martial Arts & Fitness (AOMAF) in Sylmar is now offering yoga instruction. Widely respected yoga instructor, Roland Yakoubov, is also a certified practitioner of alternative medicine. He is well-known for his approach in creating a dynamic and fun atmosphere for his students.

Yakoubov will be teaching Ashtanga (power) yoga classes

three times per week. Yoga, which has been practiced for 5,000 years in India, is based on the principal of mind-body unity. Besides lowering body fat, yoga also improves muscle tone, flexibility and overall strength. Studies have also shown that yoga can be good for one's emotional health, increase creativity, self-confidence and concentration.

AOMAF offers instruction in Jun Fan Gung Fu, Filipino

Kali and Youth JKD. In addition, special instruction in women's self defense is available. This course is specifically designed to prepare and empower women in today's society.

The Youth JKD program includes cross-training in Judo and Karate. Children will become efficient in an effective method of self-defense, learn to set goals and have fun accomplishing them. Call for special summer programs (818) 367-7333.