

Nirvana Fitness™ ThetaWave Technology

Jointly Organized by Women Engineers Sections
BEM Approved CPD/PDP Hours: NA

Date : 16th June 2017 (Friday)
Time : 5.30pm – 7.30pm
Venue : Sunway Medical Centre Level 4- Swan Convention Center
Speaker : Ir. Tan Loo Yen & Sr. Alice

**Please bring
your Yoga Mat**

SYNOPSIS

NirvanaFitness™ is a system that will teach you how to breathe correctly through a Series of functional toning pilates/yoga exercises, leading you to a slower and deeper daily breathing pattern (diaphragmatic with prolonged exhalation) that will replace your shallow “default” breathing. NirvanaFitness™ was born out of growing awareness about importance of breathing and it’s ultimate influence on our lives. Mesmerizing chillout beat music accompanied by breathing sound cues telling you exactly how to breathe at which point in an exercise flow, all supported by Theta Waves that directly influence your relax centers through process of “brain entrainment”.

BIODATA OF SPEAKER

Ir. Tan Loo Yen

Ir. Tan Loo Yen received her Bsc (Honours) Electrical Power Engineering from Universiti Tenaga Nasional in Kuala Lumpur, Malaysia 2006. She obtained her Master of Science in Power Engineering in Nanyang Technological University, Singapore.

Ir. Tan Loo Yen is a Professional Engineer Registered with Board of Engineer Malaysia and certified Associate Project Manager in ABB Malaysia Sdn Bhd. She also has been actively participating in Committee member of Institute Engineering Malaysia (IEM) - Women Engineers, Committee member of IEM in Talk, seminar, and Welfare.

She has about 10 years of working experience in Project Management, building services and construction. She is currently working as a Project manager in ABB Malaysia Sdn Bhd.

Sr. Alice

Sr Alice Lee is a Registered Nurse graduated from National University Hospital, Singapore with 27 years of working experience in various healthcare institutions and private hospitals in Singapore and Malaysia. She holds a Post Basic in Critical Care Nursing and a Bachelor of Science in Nursing from Monash University, Australia.

Sr Alice is also a Certified Group Fitness Instructor with the Athletics & Fitness Association of America (AFAA), Certified Personal Trainer, High Intensity Interval Training (HIIT) Instructor and Group Fitness Instructor for Super Body Super Brain (Fitness and Neuroscience Programme) and Licensed Zumba Fitness Programmes Instructor and Aquatic Programme Instructor. She is also certified to teach Bodymind Wellness Programmes specifically 200Hrs Yoga Practitioner accredited by Ministry of Education, Malaysia; Qigong, Tai Chi, Meditation and Muscle Tensed-Released Therapy and Nirvana Breathing Fitness to Music.

She is currently holding a full time position as Assistant Director of Nursing in Sunway Medical Centre, an ACHS accredited, 600-bedded, private hospital in Klang Valley where she manages the outpatient services, business development and hospital expansion projects.

ANNOUNCEMENTS TO NOTE:

Nonmembers may also attend the talk but will need to pay a registration fee of RM50 and an administrative fee of RM15. GST is inclusive.

Limited seats are available on a “first come first served” basis (maximum 100 participants). To secure your seat, kindly register online at www.myiem.org.my.

ADMINISTRATIVE FEE

Kindly be informed that an administrative fee of RM15 is payable for talks organized by IEM. GST is inclusive.

Student Members are however exempted.

PERSONAL DATA PROTECTION ACT

I have read and understood the IEM’s Personal Data Protection Notice published on IEM’s website at <http://www.myiem.org.my> and I agree to IEM’s use and processing of my personal data as set out in the said notice.

CPD HOURS CONFIRMATION

Name:

Membership No.....

Signature: