

social scene



Longevity readers enjoy the benefits of yoga



Ashley Hayden finds her inner zen

Longevity Wellness Club

The Mall of Rosebank and Planet Fitness hosted a yoga class for Longevity readers



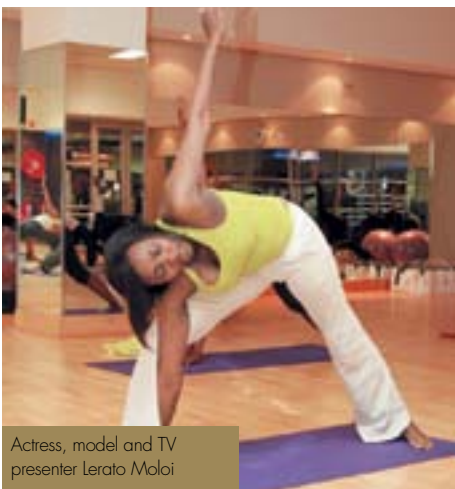
Longevity's features writer Candice Tehini



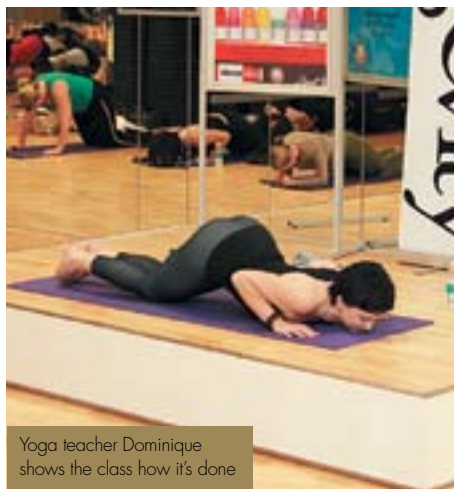
Longevity's editor Sonya Naudé standing strong



Michelle Garforth-Venter reaches for the sky



Actress, model and TV presenter Lerato Moloi



Yoga teacher Dominique shows the class how it's done



Each participant received a goodie bag courtesy of The Mall of Rosebank

PHOTOGRAPHS COURTESY THE MALL AT ROSEBANK