

養生學會十五年來一直致力推廣養生健康知識，今日起將以新名字“拉闊養生”跟大家見面。LIVO 代表生命力，豐盛，無限和自我提昇。

“拉闊養生”正好帶出從養生的基礎上提昇至養心的理念，為大家提供身心靈不同層面的補給。

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ISLT has been committed to promoting life-nurturing knowledge and practices for 15 years. Today ISLT continues to grow under the name of **LIVO** .

LIVO stands for full of life, abundance, unlimited potential and personal evolution. LIVO provides holistic wellness services & education to individuals, groups and families. For details of our ground-breaking transformation, please **like and follow** our newly launched FB page: <https://www.facebook.com/come.be.LIVO/>

