



Yoga

in Daily Life

A non for profit Organisation
368 Onehunga Mall, Onehunga, Auckland
auckland@yogaindailylife.org.nz
www.yogaindailylife.org.nz
☎ (09) 550 80 40

January 2018

(opening 8/1)

Day	Time	Class/Courses* <i>booking required for courses</i>
Mon	07.00 - 8.30 pm	Discount Yoga 10\$, <i>NEW!</i> (level 3 - 5)
Tue	06.30 - 07.30 am	Sunrise Yoga (level 2 - 3)
	09.30 - 10.45 am	Gentle yoga, <i>Suitable for Beginners</i>
	05.00 - 06.00 pm	Level 2 - 4
Wed	06.30 - 07.30 am	Yoga in the Park, <i>For Free</i>
	10.00 - 11.10 am	Discount Yoga 10\$, <i>Suit. for Beginners</i>
	06.30 - 08.00 pm	Level 2
Thu	06.30 - 07.30 am	Sunrise Yoga (level 2 - 3)
	05.00 - 06.00 pm	Back & Neck Care, <i>Suit. for Beginners</i>
	06.30 - 08.00 pm	Beginners Course (Starts 18/1)
Fri	09.30 - 10.45 am	Level 1 - 2, <i>Suitable for Beginners</i>
Sat	09.00 - 10.30 am	Level 2 - 3
	10.45 - 12.00 pm	Prenatal Yoga
Sun	09.00 - 10.15 am	Level 1 - 2, <i>Suitable for Beginners</i>

Special programme with:

Vishwaguruji, Yoga Master & Founder of the System YIDL

28 - 30 January: 5 - 7pm Yoga for Wellness and Stress - Management, theory & practice

* *Booking necessary**

Classes	Price	Unlimited Passes	Price
Casual class 60 min	\$15/\$12*	2 weeks unlimited for new students	\$35
Casual class 75/90 min	\$18/\$14*	1 month unlimited 60 min	\$115/\$90*
10 class card 60 min	\$130/\$110*	1 month unlimited all classes	\$135/\$108*
10 class card all classes	\$150/\$130*		

**for concession prices, visit our website*