

# Yoga

A non profit Organisation In Daily Life



Harmony for Body, Mind and Soul

## Timetable -2017 Jan-Feb

Day	Time	Class/Courses* <i>-Booking required</i>
Monday	6.00 - 7.00am	Sunrise Yoga (Level 2 - 3)
	5.00 - 6.00pm	Beginners Class (Level 1)
	7.00 - 8.30pm	Level 2 - 3
Tuesday	6.00 - 7.00am	Sunrise Yoga (Level 2 - 3)
	9.30 - 10.45am	Gentle yoga (65+ & pensioners =free)
	5.00 - 6.00pm	Level 2 - 3
Wednesday	6.30 - 8.00pm	6 wk Beginners Course (24/1 - 28/2)*
	6.00 - 7.00am	Sunrise Yoga (Level 2-3)
	10.00 - 11.00am	Discount Yoga \$10 (Level 1 - 2)
Thursday	5.00 - 6.00pm	Level 3 - 4
	6.30 - 8.00 pm	Level 2 - 3
	6.00 - 7.00am	Sunrise Yoga (Level 2 - 3)
Friday	9.30 - 10.45am	Level 2 - 3
	5.00 - 6.00pm	Back & Neck Care Class
	6.15 - 7.45 pm	Yoga for Healthy Joints (9/2 - 16/3)*
Saturday	6.00 - 7.00am	Sunrise Yoga (Level 2 - 3)
	9.30 - 10.45am	Beginners Class (Level 1)
	5.00 - 5.45pm	Yoga Nidra - Anti - Stress Relaxation \$10
Sunday	9.00 - 10.30am	6 wk Beginners Course (21/1 - 25/2)*
	10.45 - 12.00pm	Prenatal Yoga
Sunday	09.00 - 10.15am	Level 1 - 2 (Suitable for beginners)

### Classes

Classes	Price
Casual class 60 min	\$14/\$12
Casual class 75/90min	\$17/\$14
10 class card	\$140/\$120

### Unlimited Passes

Unlimited Passes	Price
2 weeks unlimited for new students	\$35
1 month unlimited	\$125/\$100 (*\$115/*90)
3 month unlimited	\$310/\$270
1 Year unlimited	\$1100/\$950

**☎ 550 8040**

\* concession for automatic payment

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# Yoga

In Daily Life  
A Path  
to Atma Anubhuti



Harmony for Body, Mind and Soul

Authen-  
tic Yoga

**TIMETABLE 2016 April**

Please check regularly our website:  
[www.yogaindailylife.org.nz](http://www.yogaindailylife.org.nz)

Home to

**The Master System of Yoga**  
**Authentic, Progressive 8 LEVELS**

Asanas, breathing, relaxation and meditation

