

Yoga

A non profit Organisation In Daily Life



Harmony for Body, Mind and Soul

Timetable - May (starts 11/5)

Day	Time	Class/Courses* - Booking required
Monday	05.00 - 06.15pm	Beginners Class (Level 1)
	07.00 - 08.30pm	Level 3
Tuesday	06.00 - 07.00am	Sunrise Yoga (Level 2 - 3)
	09.30 - 10.45 am	Gentle yoga (65+ & pensioners =free)
	05.00 - 06.00pm	Level 2 - 3
	06.30 - 08.00pm	6 wk Beginners Course (finishes 8/6)*
Wednesday	06.30 - 07.30am	Sunrise Yoga (Level 2-3)
	10.00 - 11.00 am	Discount Yoga \$10 (Level 1 - 2)
	05.00 - 06.00pm	Level 3 - 4
	06.30 - 08.00pm	Level 2 - 3
Thursday	06.00 - 07.00am	Sunrise Yoga (Level 2 - 3)
	05.00 - 06.00pm	Back & Neck Care Class
	06.15 - 07.45 pm	Yoga for High Blood Pressure - course
Friday	06.30 - 07.30am	Sunrise Yoga (Level 2 - 3)
	09.30 - 10.45 am	Beginners Class (Level 1)
	05.00 - 05.45pm	Yoga Nidra - Anti - Stress Relaxation \$10
Saturday	09.00 - 10.30am	Level 1 - 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

Authentic
Yoga

TIMETABLE 2017 May

Please check regularly our website:
www.yogaindailylife.org.nz

Home to

The Master System of Yoga
Authentic, Progressive 8 LEVELS

Asanas, breathing, relaxation and meditation

