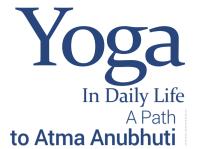




## Timetable - May (starts 11/5)

Day	Time	Class/Courses* - Booking required
Monday	05.00 - 06.15pm 07.00 - 08.30pm	Beginners Class (Level 1) Level 3
Tuesday	06.00 - 07.00am 09.30 - 10.45 am 05.00 - 06.00pm 06.30 - 08.00pm	Sunrise Yoga (Level 2 - 3) Gentle yoga (65+ & pensioners =free) Level 2 - 3 6 wk Beginners Course (finishes 8/6)*
Wednesday	06.30 - 07.30am 10.00 - 11.00 am 05.00 - 06.00pm 06.30 - 08.00pm	Sunrise Yoga <i>(Level 2-3)</i> Discount Yoga \$10 ( <i>Level 1 - 2</i> ) Level 3 - 4 Level 2 - 3
Thursday	06.00 - 07.00am 05.00 - 06.00pm 06.15 - 07.45 pm	Sunrise Yoga ( <i>Level 2 - 3)</i> Back & Neck Care Class Yoga for High Blood Pressure - course
Friday	06.30 - 07.30am 09.30 - 10.45 am 05.00 - 05.45pm	Sunrise Yoga (Level 2 - 3) Beginners Class (Level 1) Yoga Nidra - Anti - Stress Relaxation \$10
Saturday	09.00 - 10.30am 10.45 - 12.00pm	Level 1 - 2 Prenatal Yoga
Sunday	09.00 - 10.15am	Level 1 - 2 (Suitable for beginners)
Classes Casual class 60 r Casual class 75/9 10 class card	* 17 *	Unlimited Passes Price  2 weeks unlimited for new students \$35  1 month unlimited \$125/\$100 (*\$115/*90)  3 month unlimited \$310/\$270
<b>©</b> 550	8040	1 Year unlimited \$1100/\$950 * concession for automatic payment





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