



Yoga in Daily Life Auckland



Timetable June 2017



Sequence **Khatu Pranam**

Day	Time	Class / Courses	Info
Monday	07.00 - 08.30 pm	Level 3	Recharging & energising
Tuesday	06.30 - 07.30 am 09.30 - 10.45 am 05.00 - 06.00 pm 06.30 - 08.00 pm	Sunrise Yoga Gentle yoga Level 2 - 3 6 wk Beginners Course	Awakening & energising Restorative & gentle Recharging & energising Started 15/5
Wednesday	10.00 - 11.00 am 06.30 - 08.00 pm	Level 1 - 2 - 3 Level 2 - 3	(Discount class \$10) Recharging & energising
Thursday	06.30 - 07.30 am 05.00 - 06.00 pm 06.15 - 07.45 pm	Sunrise Yoga Back & Neck Care Class Yoga for Stress Relief	Awakening & energising Restorative & healing 6 wk course starting 15/6
Friday	09.30 - 10.45 am	Level 1 - 2	Suitable for beginners
Saturday	09.00 - 10.30 am 10.45 - 12.00 pm 04.00 - 05.30 pm	Level 2 Prenatal Yoga 6 wk Beginners Course	Awakening & energising Prepare for labour Starting 1 of July
Sunday	09.00 - 10.15 am	Level 1 - 2	Suitable for beginners

Please book for the Courses.

Reduce paper waste by taking a picture of timetable with your cellphone ;)