

12.00pm Mon, Wed & Friday MIDDAY 1HR CLASS

Come join Annette and Gabriella for a 1 hour class, midday Mon, Wed and Fridays.
Attend more often and save more!



MIDDAY/LED PRACTICE 8 CLASS CARD

One class a week \$95.00
Two classes a week \$85.00
Three classes a week \$75.00

See overleaf for valid periods.

LED PRACTICE

6.15am Thursdays
Follow the leader style of presentation. Suitable for all with a basic understanding of the practice.

REMEDIAL

Iyengar yoga is ideal for people suffering from back pain, medical conditions and injuries.

SENIORS

Relieve pain in joints and muscles, assist the glandular system and improve breathing which increases vitality. Supports are often used.

PREGNANCY

These classes are also suitable for pre/post natal women. Phone before attending.



Beginners Yoga Course's

Same time each week for 4 weeks followed by 4 Basics classes. Beginners Courses start on specific dates. New students attend at the same time each week for the first four weeks - 1.5hr classes. Basic poses are introduced with emphasis on understanding correct and healthy postural alignment. After four weeks regular Basics classes are recommended.

Start Dates 2012

Wednesdays 7.00pm
14 Mar 15 Feb
Fridays 6.00pm
2 Mar

8 classes \$115

No casuals to Beginner Courses

Book early!

Spaces are limited, please book or turn up early and take your chances. Payment confirms your booking. Eftpos available after 3pm weekdays.

Internet Banking

Booking by internet banking with BC and start date of the Beginners Course you wish to attend and your initials or name.
National Bank 06 0317 0676893 00

Summer Timetable

Jan 9 - Apr 18

	M	T	W	T	F	S
6.15				Led Practice		8.00 Basics
9.30		General (2hrs)	Remedial	General	Remedial	
12.00	Basics (1hr)		Basics (1hr)		Basics (1hr)	
4.00					General	
5.30	General	Basics	General	Basics	6.00 Beginners Course	Most Classes 1½ hours duration
7.00	Basics	Experienced (2hrs)	Beginners Course	General		

BASICS

These classes are suitable for those with little or no experience which need to build up strength and work on flexibility. Most classes will have some standing poses and emphasise the fundamentals of the practice.

GENERAL

Once students have demonstrated a consistency in attending classes. More detail is presented. Inverted poses are introduced and established. Pranayama (breath practices) are also introduced.

EXPERIENCED

For students that have established a practice and wish to be challenged on

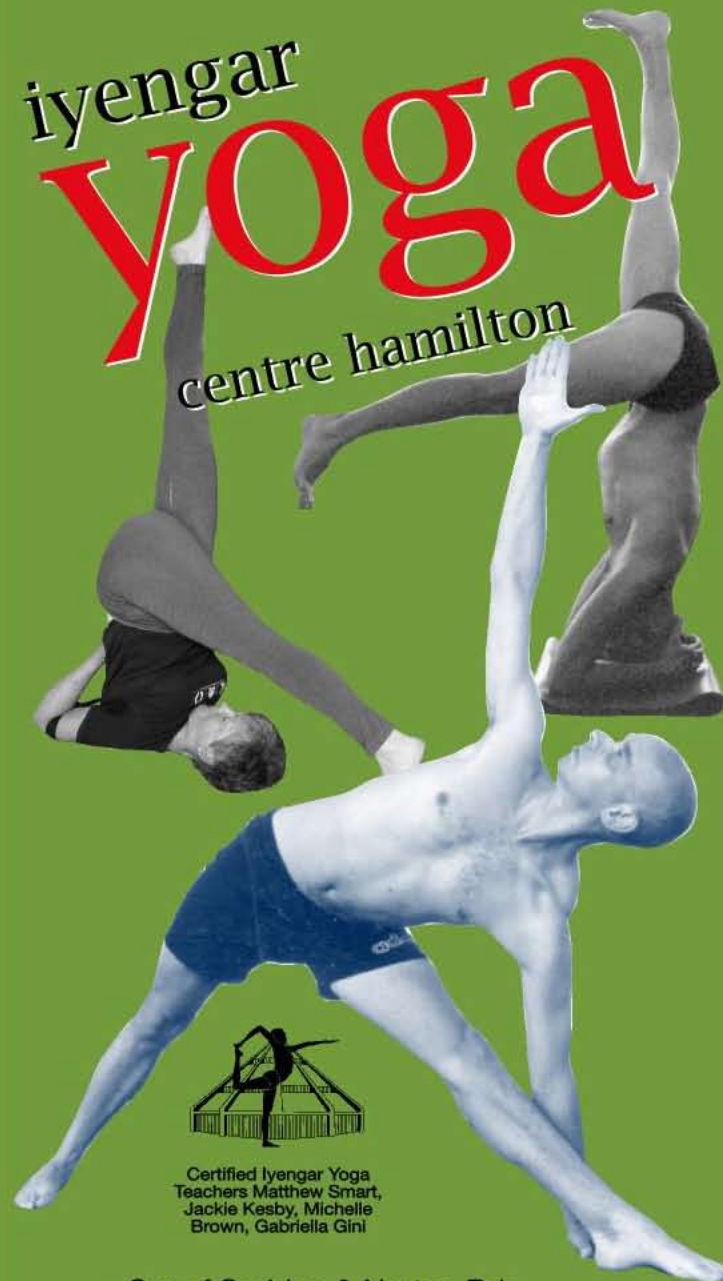
a deeper level. Approval must be given prior to attending these classes.

REMEDIAL

Those with health concerns or recovering from illness are supported and encouraged to work with their condition in an appropriate manner. These classes are also suitable for pregnancy and seniors.

LED PRACTICE

These classes are open to all levels of student that have a general understanding of Iyengar yoga. Classes are often presented in a follow-the-leader style. Understanding the use of props and ability to follow instructions is required.

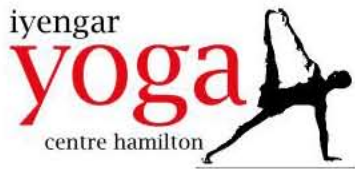


Certified Iyengar Yoga Teachers Matthew Smart, Jackie Kesby, Michelle Brown, Gabriella Gini

Cnr of Seddon & Norton Rds,
above United Video, Hamilton
Ph (07) **846 7600**

www.iyengaryoga.co.nz

The art of feeling good



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What is yoga?

The word Yoga means yoke (to join, to bring together). Yoga practices were developed over 3,000 years ago in India. Yoga encompasses physical postures (asanas), breathing techniques (pranayama), meditation (prachahara) and philosophy.

The intention is to maintain and improve the quality of our lives and contribute to society positively.

A powerful antidote to the stresses of modern-day life, yoga is a practical philosophy that aims at uniting the body, mind and spirit for health and fulfillment. A fit and supple body can be developed through the practice of postures (asanas). Postures work on all the bodily systems, toning the muscles, stimulating the circulation and improving overall health.

The benefits are not merely physical: as the postures are mastered and techniques introduced for relaxation and breath control, you will find that yoga has the power to calm the mind, increase your concentration and eliminate stress.

What is Iyengar yoga?

BKS Iyengar lives in India and is now in his 90's. His son (Prashant) and daughter (Geeta) teach in his institute in Pune, India. Mr Iyengar has been practicing and promoting yoga for over 70 years, based on ancient knowledge known as patanjalis yoga sutras. The methodology is most widely known for emphasis on alignment, use of props and longer stays in poses. Mr Iyengar has pioneered the use of props such as walls, blocks, belts, chairs and blankets when needed, for support and to facilitate correct understanding of the postures.

Mr Iyengar is world-renowned for his extensive work on the therapeutic effects of yoga.

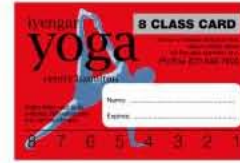
Once the practitioner is well established in the asanas (postures), pranayama (breathing methods) are introduced which in turn calm the fluctuations of the mind.



BKS Iyengar

8 CLASS CARDS

Four classes a week
\$85.00
Valid for 16 days



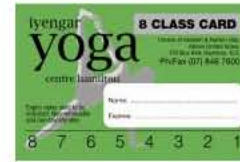
Three classes a week
\$100.00
Valid for 23 days



Two classes a week
\$115.00
Valid for 5 weeks



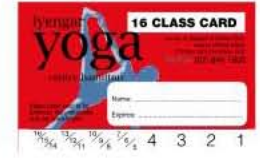
One class a week
\$130.00
Valid for 3 months



FEES 2012

16 CLASS CARDS

Four classes a week
\$170.00
Valid for 35 days



Three classes a week
\$200.00
Valid for 7 weeks



Two classes a week
\$230.00
Valid for 13 weeks



One class a week
\$260.00
Valid for 8 months



Commit More and receive Extended Expiry Dates!

4 CLASS CARD

4 CLASS CARD
\$75.00
Valid for 3 months



ANNUAL CARD PURCHASE

For those wishing to purchase their entire years Class Cards in one go!

SAVE 20%

48 classes	1 x wk	\$624
96 classes	2 x wk	\$1104
144 classes	3 x wk	\$1440
192 classes	4 x wk	\$1632



Valid for 14 months. Annual cards cannot be extended or topped up.

Therapy Assessment A personal consultation (Recommended prior to attending classes where specific medical conditions or injuries are a consideration).	\$40
One to One Personal Tuition - 1 hour Please phone Matthew on 021 791 250 to arrange an appointment with one of our teachers. Each additional attendee - \$10	\$80
TEENAGE RATES	12 - 16 yrs 20% OFF class cards 17 years 10% OFF class cards
Casual	\$25.00 1.5/2hr classes \$20.00 1hr classes No Casual to Beginners Courses
WHEN ATTENDING	<ul style="list-style-type: none"> Comfortable loose clothing. Bare feet. Changing rooms available. Avoid eating for 2 hours before class. Arrive early if possible (10mins). Inform your teacher of any injuries or medical conditions before class. All equipment is provided. eftpos available - no Credit Card facility.

Class cards are non-refundable and non-transferable