

iyengar

yoga

centre hamilton



Cnr of Seddon & Norton Rds,
PO Box 849, Hamilton

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www.iyengaryoga.co.nz

Public Holidays

We are closed on any Public Holiday day.
Normal timetable applies otherwise.

Upcoming holidays:

Auckland Anniversary 30 January

Waitangi Day 6 February

Class cancellations

Unfortunately we have cancelled two classes from 2011 - Tuesday and Thursday 12.00pm.

Timeslots that don't have an average attendance of 3 students are unsustainable. We apologise to those that are affected. We try to provide a broad timetable to suit most students.

Our timetable is not affected by School Holidays

NEW 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.

Thursday 6.15am, with Lyndon Embling

Lyndon started his yoga in Christchurch with Matthew and continued with Wendy Brown. He has attended various senior teachers workshops over the last 11 years, including a teacher training intensive with Glen Ceresoli in Byron Bay 2009. He is currently doing his postgraduate study at Waikato University, and is enthusiastic to establish a teaching practice starting with these early morning led practices.

All dates open to change as the year progresses.

APRIL 2012

We are predicting that April is going to be a difficult month due to there not being one full working week for the school. We need our students to support us during these disruptions.

Public Holidays and V8s

6 April Good Friday

9 April Easter Monday

20-22 April V8s

25 April Anzac Day