

# IYENGAR YOGA

CENTRE  
at HAMILTON



## 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	Most Classes 1½ hours duration
5.30	General	Basics	General	Basics	6.00 Beginners Course	
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.

## 12.00pm Mon, Wed, Fridays MIDDAY 1HR CLASS

Come join Annette and Gabriella for a 1 hour class, midday Mon, Wed & Fridays. Classes are taught at a basic level. 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

## TEACHER GUIDE

### New Timetable 2012 - by Teacher

Summer Timetable  
2012  
Jan 9 - Apr 18

Matthew Smart	Annette Springer
Jackie Kesby	Gabriella Gini
Michelle Brown	Lyndon Embling

	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	Most Classes 1½ hours duration
5.30	General	Basics	General	Basics	6.00 Beginners Course	
7.00	Basics	Experienced (2hrs)	Beginners Course	General		

## Beginner's Yoga Courses

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

15 Feb  
14 Mar

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