

iyengar

yoga

centre hilton



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

Ph (07) **846 7600**

[www.iyengaryoga.co.nz](http://www.iyengaryoga.co.nz)

### **Public Holidays**

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

### **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.

Unfortunately the Saturday 10am class is being cancelled. The last class will be 18 February 2012.

This will be reviewed in our new timetable post V8 event.

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