



IYENGAR YOGA THERAPY

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

SENIORS

Yoga will help relieve pain in joints and muscles, assist the glandular system to fight off disease and opens the lungs which increases vitality. Supports are often used.



PREGNANCY

Existing students that become pregnant may attend Basics classes. Pregnant new students may attend Wednesday and Friday 9.30am, or we recommend one-on-one private tuition.

During pregnancy, specific poses and routines are advantageous with considerations of trimester and the individuals health.

- Starting early is the key. The practice may be continued full term
- Between 9 - 12 weeks of the pregnancy you should not attend classes.
- No need to book. Arrive early the first time (10 mins).



Womens Class - Fri 4.00pm
Restorative Class - Wed 9.30am & Thu 7.00pm

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 and have established themselves in the basic standing and sitting poses, more detail is presented. Inverted poses are introduced and established. Pranayama (breath practices) are also introduced.

WOMENS

For womens reproductive health this class is suitable for all women in all stages of life. Classes involve certain practices and sequences which are beneficial for a variety of concerns involved with menstruation, pregnancy and menopause. Also a great class for general well being.

RESTORATIVE

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.

ALL LEVELS

More advanced practices may be presented, but alternatives are offered for those with less experience. All levels welcome from beginners to advanced.

2018

Timetable by Teacher

2018

Matthew Smart
Annette Springer
Michelle Brown

	M	T	W	T	F	S
8.00						All levels
9.30			Restorative			Most Classes 1½ hours duration
12.00	Basics (1hr)		Basics (1hr)		Basics (1hr)	
4.00					Womens	
5.30	General	Basics	General	Basics		
7.00	Basics	General	Beginners Course	Restorative		

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 2018

Wednesdays 7.00pm

September 5

November 7

8 classes \$125
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.

Matthew Smart - DIRECTOR/PRINCIPAL TEACHER

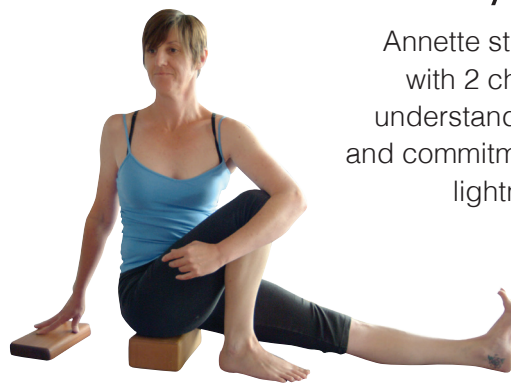
Matthew opened the school 15 years ago. He has been a yoga practitioner for 32 years, learning both in NZ and Australia. He has a great interest in the medical benefits of yoga and has studied with senior teachers.

Matthew brings a light humour to a serious subject and an encouragement to work dynamically.



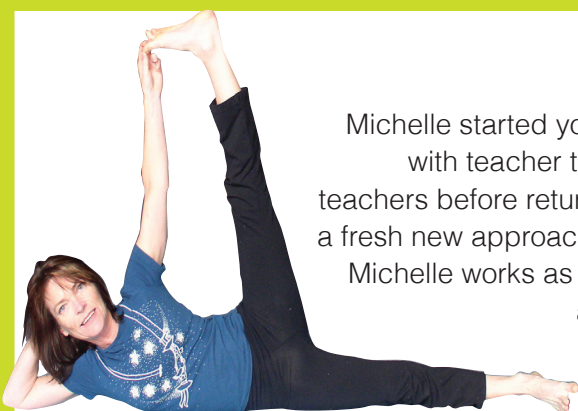
Annette Springer

Annette started classes 15 years ago, and with 2 children since, has developed her understanding from consistent involvement and commitment. She brings to her classes a lightness and lack of pretence that is refreshing.



Michelle Brown

Michelle started yoga in Hamilton then continued with teacher training in Auckland with senior teachers before returning 11 years ago. She brings a fresh new approach and influences to the school. Michelle works as a mediator and is very precise and mindful in her instructions.



iyengar
yoga
centre
hamilton

