

iyengar yoga

centre hamilton

Cnr of Seddon & Norton Rds,
PO Box 849, Hamilton
Ph (07) **846 7600**
www.iyengaryoga.co.nz



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.

Book early!

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

8 classes \$125

No casuals to Beginner Courses

START DATES 2019!

Wed 7.00pm

February 13

March 20

May 1

Sept 4

Oct 23

Nov 20

Online Banking

Go to the 'Shop' tab to register and pay online via Paypal

2019 Timetable

BASICS - Beginners with less than 6mths exp.
GENERAL - With more than 6mths exp.
WOMENS - Reproductive Health
RESTORATIVE - Therapy, pregnancy, seniors
ALL LEVELS

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

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.

Our regular class card system is based upon "the more often you come and the more you commit, the cheaper it gets". Most students buy an 8 class card (\$130 or less).

Regular 8 class card **\$140**
Attending more reduces fees

WHEN ATTENDING

- 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.

Getting Started 2019 Summer

Wherever possible we recommend Beginners Courses as the best way to get started although some new beginners start attending Basics or Remedial classes as their first experience.



Therapy Assessment

A personal consultation (Recommended prior to attending classes where specific medical conditions or injuries are a consideration). Phone Matthew on 021 791 250.

\$45

One to One Personal Tuition - 1 hour

Please phone Matthew on 021 791 250 to arrange an appointment with one of our teachers.

\$85

Each additional attendee - **\$15**

REMEDIAL

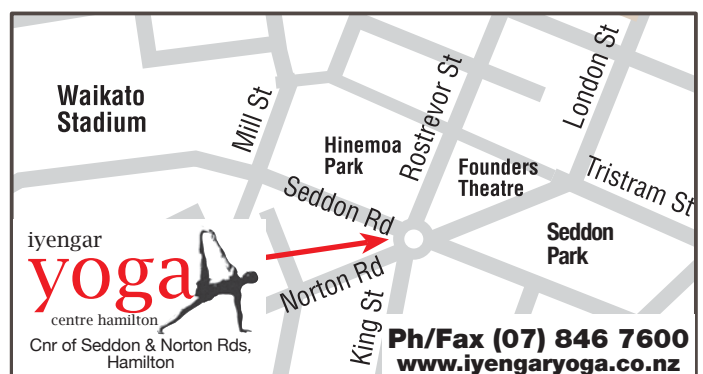
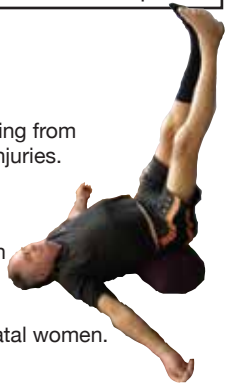
Iyengar yoga is ideal for people suffering from back pain, medical conditions and injuries.

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.



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