

iyengar

yoga

centre hamilton



## 2020 Timetable

From 2 March, 2020

	M	T	W	T	F	S
8.00						All Levels
12.00	Basics (1hr)		Basics (1hr)		Basics (1hr)	Most Classes 1½ hours duration
4.00					Womens	
5.30	General	Basics	General	Basics		
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.

### 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.

### ALL LEVELS

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

### 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.

### 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.

12.00pm Mon, Wed, Fridays

## MIDDAY 1HR CLASS

Come join Annette for a 1 hour class, midday Mon, Wed & Fridays.

Classes are taught at a basic level. *Attend more often and save more!*



## MIDDAY 8 CLASS CARD

One class a week  
\$105.00

Two classes a week  
\$95.00

Three classes a week  
\$85.00

## TEACHER GUIDE

### Timetable by Teacher 2020

Matthew Smart

Annette Springer

Michelle Brown

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5.30	General	Basics	General	Basics		
7.00	Basics	General	Beginners Course	Restorative		

## 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 2020

Wed 7.00pm

11 March

2 September

4 November

### 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 \$140

No casuals to Beginner Courses