



**Unfortunately due to Covid  
we are not running any  
Beginners Courses this year  
(2022)**

**First time beginners with no health concerns are welcome to attend any of our Basic classes on our timetable. Please arrive 20 mins early to your first class.**

**A Once Only class is \$25.  
A concession card \$150 for 8 classes,  
with a 3 month expiry.**

**Those with health concerns can book a  
One Hour Therapy Assessment or  
One-on-One Private Session.**

**Please contact Matthew through  
email [matthew@iyengaryoga.co.nz](mailto:matthew@iyengaryoga.co.nz)  
or phone/txt 021 791 250**