

iyengar yoga

centre hamilton

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



Getting Started 2022

Basics Class

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.

2022/23 Timetable

- BASICS** - Beginners with less than 6mths exp.
- GENERAL** - With more than 6mths exp.
- WOMENS** - For reproductive health
- RESTORATIVE** - Therapy, pregnancy, seniors
- ALL LEVELS** - All welcome

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



Therapy Assessment **\$45**
A personal consultation (Recommended prior to attending classes where specific medical conditions or injuries are a consideration). Phone Matthew on 021 791 250.

One to One Personal Tuition - 1 hour **\$85**
Please phone Matthew on 021 791 250 to arrange an appointment with one of our teachers.
Each additional attendee - **\$15**

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 (\$150 or less). See the Fees tab for pricing.

Regular 8 class card **\$150**
Attending more reduces fees

COVID 19

Please wear a mask entering and leaving the building. There is adequate spacing while practicing to remove masks.

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.

REMEDIAL

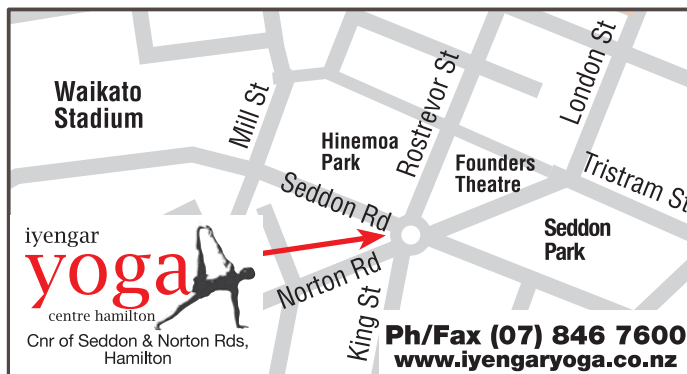
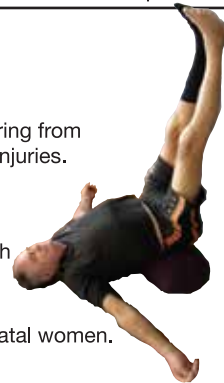
Iyengar yoga is ideal for people suffering from back pain, medical conditions and injuries.

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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