

iyengar

yoga

centre hamilton



2022/23 Timetable

From 23 May, 2022

	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		

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

MIDDAY 1HR CLASS

Come join Annette for a 1 hour class, midday Monday and Wednesdays. Classes are taught at a basic level. *Attend more often and save more!*



MIDDAY 8 CLASS CARD

One class a week
\$115.00

Two classes a week
\$105.00

TEACHER GUIDE

Timetable by Teacher 2022

Matthew Smart

Annette Springer

Michelle Brown

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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		

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.

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 \$150

No casuals to Beginner Courses