LUNCHTIME YOGA CLASSES - 12pm



8 classes- \$105 or less

Come join Annette for a 1 hour class, midday Monday and Wednesday. Classes are taught at a basic level.

Beginners welcome | No booking required (Turn up 11.50am) Small classes | Personal attention

Midday 8 CLASS CARD

One class a week \$115.00

Two classes a week \$105.00

Annette Springer

Annette has been practising for 11 years and has completed teacher training with Matthew and brings a wonderful sense of humour to her classes.

Phone **846 7600**

Cnr of Seddon & Norton Rds, Hamilton www.iyengaryoga.co.nz