

YOGA FOR STRENGTH | BALANCE | PURIFICATION | REJUVENATION

We teach traditional yoga with a dose of creativity and fun

Timetable for 2020/2021

- Gentle yoga / open to all and suitable for beginners
- General yoga / a stronger yoga practice
- Pilates / mat core based, suitable for all



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Bididi 10:30 – 11.30 Term time Starts 1 st Feb	General Yoga Jennifer 10:30 - 11:45	Mums and Bubs Lynley 10:00 – 11:00 Term Booking	General Yoga Jennifer 10:30 - 11:45	Gentle Yoga Jennifer 9:30 - 10:45	General Yoga Jennifer 8.30 - 9:45	General Yoga Jennifer 9:30 - 11:00
		Gentleyoga Jennifer 12:00 - 1:10			Gentle yoga Jennifer 10:00 - 11:15	Pregnancy Yoga Lynley 11:30 - 12:30
Gentle Yoga Hils/Jannine 7:00 - 8:15	General Yoga Jennifer 6:00 - 7:15	Gentle Yoga Kim 6:00 - 7:15	General Yoga Jennifer 6:00 - 7:15	Yin/Restorative 6:00 - 7.15 Term time only		

- Casual \$18 per class/ concession \$140 for 10 Classes – expiry 6 months (sorry no refunds)
- Online banking 03 0543 0268 206 00 (name as reference)
- To book: Txt Jennifer 027 415 9345 or just turn up

under the clock, doreen doolan mall | near petone library, jackson street | petone

www.anahatayoga.co.nz