



GENTLE YOGA AND EXERCISE TERM FOUR 2019

Stretching and strengthening exercises for your whole body (including connective tissue stretches), maintaining connection and presence with your body; body awareness; and gentle breath meditation (stillness)

MEADOWBANK COMMUNITY CENTRE (Tahapa Hall, 22 Tahapa Cres)

MONDAY **Gentle Yoga and Exercise with Weights** (*including light weights and dynabands to increase bone density and strength*)

Time: 6.00pm-7.15pm **Investment:** 9 week course \$117
Dates: 14 October-16 December (note -no class 28 October)

WEDNESDAY **Gentle Yoga and Exercise**

Time: 9.45am-11.00am **Investment:** 10 week course \$130
Dates: 16 October-18 December

SATURDAY **Gentle Yoga and Exercise/ Breath/Meditation/Body Awareness (Kohimarama)**

Dates: 19 October, 16 November **Investment** (both classes): \$20
Time: 8am **Gentle Yoga and Exercise** **Investment** (single class): \$15
 9am **Breathing/Meditation/Body Awareness** (single class): \$15

ST HELIERS CHURCH AND COMMUNITY CENTRE (100 St Heliers Bay Road)

TUESDAY **Gentle Yoga and Exercise** (*including light weights -optional*)

Time: 6.15pm-7.30pm **Investment:** 10 week course \$140
Dates: 15 October-17 December

All enquiries and registration: Phone: Anne Scott (09) 521 5567 Mob: 022 1399 810 or
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Anne Scott Dip. Sport Sc., IYTA (N.Z.) Dip., NPT Cert., Dip. Chakra-puncture, LL.B (Hons), EPA Accredited
 ☺ Raja Yoga ☺ Lifestyle Training ☺ Gentle Exercise (group/individual) ☺ Stress Prevention and Management ☺ Esoteric Healing
 ☺ Meditation/Breathing/Stillness ☺ Connective Tissue Therapy ☺ Esoteric Chakra-puncture ☺ Mediation ☺ Esoteric Massage