



GENTLE YOGA AND EXERCISE TERM ONE 2020

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: 10 week course \$130

Dates: 3 February- 6 April

WEDNESDAY **Gentle Yoga and Exercise**

Time: 9.45am-11.00am

Investment: 10 week course \$130

Dates: 5 February- 8 April

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

Dates: 1 February, 14 March, 4 April

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: 4 February-7 April

All enquiries and registration: Phone: Anne Scott (09) 521 5567 Mob: 022 1399 810 or

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☺ 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