



## GENTLE YOGA AND EXERCISE TERM TWO 2021

*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 –7.00pm                                      **Investment: 10 week course \$130**

**Dates:**                      3 May – 5 July (class Wednesday 9 June instead of 7 June)

**WEDNESDAY**      **Gentle Yoga and Exercise**

**Time:**                      9.45am -11.00am                                      **Investment: 10 week course \$130**

**Dates:**                      5 May – 7 July

**ONLINE CLASSES – see website for details – <https://www.gloriousbody.co.nz/>**

**ST HELIERS SATURDAY CLASS (Halo Natural Health Clinic, 44 Long Drive, St Heliers)**

**Gentle Yoga and Exercise**   5 weeks \$75   Pre-registration and payment essential (limited places)

**Dates:** 15 and 29 May, 19 and 26 June, 3 July      **Time:** 8.30-9.45am

**GLENDOWIE COMMUNITY CENTRE (83 Crossfield Rd – Glendowie)**

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

**Time:**                      6.30pm -7.30pm                                      **Investment: 10 week course \$140**

**Dates:**                      4 May – 6 July

**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