



GENTLE YOGA AND EXERCISE TERM THREE 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: 02 August – 04 October

WEDNESDAY **Gentle Yoga and Exercise**

Time: 9.45am -11.00am

Investment: 10 week course \$130

Dates: 04 August – 06 October

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

MONTHLY SATURDAY CLASS (venue to be advised)

Dates: 21 August, 18 September, 16 October **Time:** 8.30-10am **Cost:** \$20

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: 3 August – 5 October

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

Email: anne@annescott.co.nz Website: <https://www.gloriousbody.co.nz/>

Anne Scott Dip. Sport Sc., IYTA (N.Z.) Dip., NPT Cert., Dip. Chakra-puncture, LL.B (Hons), EPA Recognised
☺ 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