



GENTLE YOGA AND EXERCISE TERM TWO 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: 29 April – 29 June (no class 1 June, class 3 June instead)

WEDNESDAY **Gentle Yoga and Exercise**

Time: 9.45am-11.00am

Investment: 10 week course \$130

Dates: 29 April – 1 July

SATURDAY **CLASSES TO BE ADVISED**

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: 28 April – 30 June

**All enquiries and registration: Phone: Anne Scott (09) 521 5567 Mob: 022 1399 810 or
Email: anne26@xtra.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 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