



TERM 1 (DATES: 30TH JAN – 15TH APRIL)
(No class Easter Weekend)

YOGA CLASSES 2018

TUESDAYS 6:30 – 7:30 PM

SUNDAYS 11AM – 12 NOON

SYDENHAM CRICKET PAVILLION, BROUGHAM STREET.

\$5.00 FOR FIRST CLASS. \$55.00 FOR 4 CLASSES OR \$120.00 FOR 10 CLASSES.

Yoga is a great way to improve general fitness and strength and reduce stress. These classes will include active and restorative yoga poses as well as breathing practices. A maximum of 10 students per class ensures personal attention. Beginners to Yoga are very welcome to come along. Yoga mats and additional props are provided.

About Alison, I have completed Donna Farhi 150 hour teacher training in 2012, and also IYTA 18 month teaching diploma in 2016. I currently teach in Gyms around Christchurch. REPS registered.



More details on Facebook page: Yogatreechch.

BOOKINGS REQUIRED: ALISON COUSENS @ 021 1500 163, YOGATREECHCH@XTRA.CO.NZ