

INNER CITY YOGA

Iyengar Yoga Classes

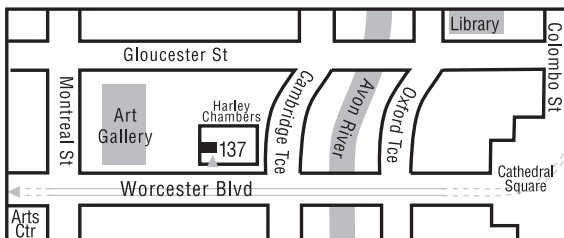


**Discover the balance of health,
physical wellbeing and mental
clarity that regular yoga brings**

**Our timetable includes classes for
both beginners and those more experienced
(Suitable all ages and levels of fitness)**

Find a class to suit your timetable.

No need to book



**Suite 8, Ground floor, Harley Chambers
137 Cambridge Terrace (cnr Worcester Blvd)
Christchurch** Use Worcester Boulevard entrance

www.innercityyoga.co.nz

CHARGES

Evening & Weekend classes (1 hour +):

Beginners 1.25 hour class;

\$12 per class; **\$80** for 8 class concession card valid 9 weeks

General 1.5 hour class

\$13 per class; **\$90** for 8 class concession card valid 9 weeks

All Lunchtime classes (50mins):

\$11 per class; **\$70** for 8 class concession card valid 9 weeks

2 Class per week card: valid all classes; **\$65** valid 5 weeks

Led Practice: 1.25 hour session, Level 2, **\$70** 10 sessions

TIMETABLE (updated June 1, 2010)

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--|--|-----|-----|-----|-----|-----|
| 7.00am | | | | | B/G | | |
| 7.30am | Mon & Wed Led Practice cancelled till further notice | | | | | | |
| 9.00am | | | | | | | G |
| 9.30am | | | | | | G | |
| 11.30am | | | | | | B | |
| 12.05pm | | | | B | LP | | |
| 5.30pm | B | Tues General class cancelled till further notice | | | | | |
| 6.00pm | | | B | G | | | |

KEY: **B** = Beginners **G** = General (Level 1) **LP** = Led Practice (Level 2)

- **Newcomers, should initially come to a beginners class.**
- **Please note:** There may be changes to the timetable at holiday times. Check the website.
- Wear comfortable clothes, no jeans.
- Avoid eating at least one hour before coming to class.
- Inform your teacher of any injury or illness.
- Please come with clean feet as the equipment is shared.
- Be on time - be ready to start at the given start time.
- Parking nearby: Farmers/Library, Rydges on Oxford Tce & the Art Gallery in Gloucester St.

INNER CITY

YOGA

www.innercityyoga.co.nz

Teachers:

Sean Carr

Sally Mekalik

Liz Cox

Clive Heydenrych

Michelle Polglase

