

INNER CITY YOGA

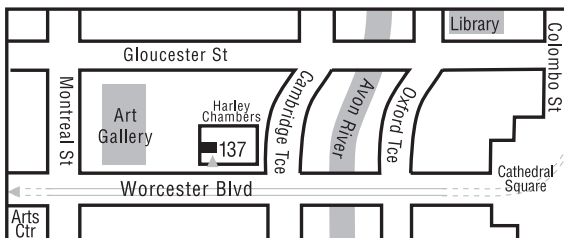
Iyengar Yoga Classes

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 on December 16, 2010)

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|-----|-----|-----|-----|-----|-----|-----|
| 7.00am | | | | | B/G | | |
| 9.00am | | | | | | | G |
| 9.30am | | | | | | G | |
| 11.30am | | | | | | B | |
| 12.05pm | | | | B | LP | | |
| 5.30pm | B | | | | | | |
| 6.00pm | | | B | G | | | |

Note: Check website for Christmas-New Year Timetable Dec 20 - Jan 23, 2011

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 www.innercityyoga.co.nz
- 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

Michelle Polglase

