



NORTH SHORE YOGA BEGINNERS COURSE



www.northshoreyoga.co.nz

e-mail nsyoga@ihug.co.nz

A Beginners Course to learn the basics of Iyengar Yoga.
Suitable for students with no previous experience.

This course is designed to introduce brand new students to the basic asanas (poses) such as standing poses, seated twists, forward bends and restorative poses. All equipment is provided.

These asanas will build strength, stamina, improve muscle tone, flexibility and postural alignment.

Also a major help in stress reduction.

Phone 4865338 or 021362454

Level 1, 34 Barry's Point Road, Takapuna.

Plenty of free parking in and around the building.

6 week course - 1st Course begins

Wed 22nd Feb 2012 from 7.45-9.00pm

(taught by a certified Iyengar Teacher)

Pre-payment for a place advisable: Cost: \$95

We take cheques, cash, internet banking or eftpos