



GENTLE YOGA AND EXERCISE TERM THREE 2022

Stretching and strengthening exercises for your whole body (including connective tissue stretches), maintaining connection and presence with your body; body awareness; 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 -7.00pm **Investment:** 10-week course \$130

Dates: 1 August – 3 October

WEDNESDAY Gentle Yoga and Exercise

Time: 9.45am -11.00am **Investment:** 10-week course \$130

Dates: 3 August – 5 October

TUESDAY CLASS ONLINE (live and recorded)

TUESDAY Gentle Yoga and Exercise (*including light weights -optional*)

Time: 6.15pm -7.15pm **Investment:** 10-week course \$150

Dates: 2 August – 4 October

ONLINE CLASSES – see website for details – <https://www.gloriousbody.co.nz/>

**All enquiries and registration: Phone: Anne Scott (09) 521 5567 Mob: 022 1399 810 or
Email: anne@annescott.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 Recognised
☺ 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