



GENTLE YOGA AND EXERCISE TERM TWO 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:** 9-week course \$117

Dates: 2 May – 4 July (**no class 9 May; class on 8 June instead of 6 June**)

WEDNESDAY Gentle Yoga and Exercise

Time: 9.45am -11.00am **Investment:** 9-week course \$117

Dates: 4 May (**start 2pm**) – 6 July (**no class 11 May**)

SATURDAY CLASS (ONLINE) Gentle Yoga/Exercise/Stillness/Meditation

Dates: 21 May, 18 June **Time:** 8.30-10.00am **Investment:** \$20 per class (**pre-register**)

TUESDAY CLASS ONLINE (*live and recorded*)

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

Time: 6.15pm -7.15pm **Investment:** 9-week course \$135

Dates: 3 May – 5 July (**no class 10 May**)

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/>

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☺ 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