

Nelson Iyengar Yoga



Strengthen, balance and energise – body, mind and spirit

2013 timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|-------------------------------|------------------------------------|-------------------------------|---|
| | | | | Self-practice 6:30-8:30 am Sep-Apr 7:00-9:00 am May-Aug |
| | Basics Class 10-11:30 am | | General Class 10-11:30 am | |
| Experienced Class 5:30-7:15 pm | General Class 5:30-7:00 pm | Beginners Course * 5:30-6:45 pm | General Class 5:30-7:00 pm | |

* Registration required for Beginners Course. Contact us for dates of next 8- week block course.

Prices

Casual class = \$15 (pay on the day)

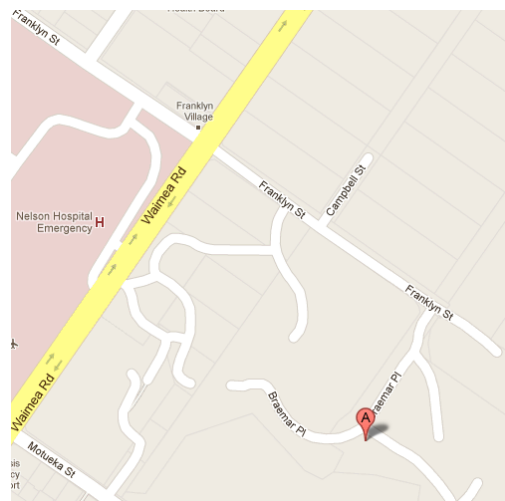
10-class concession card = \$120 (valid 4 months)

5-class concession card = \$65 (valid 3 months)

Beginners course = \$90 (8 sessions; no refunds for missed classes)

Directions

- Traveling south on Waimea Rd: pass Nelson College & turn **left** onto Franklyn St
- Traveling north on Waimea Rd: pass Nelson Hospital & turn **right** onto Franklyn St
- At top end of Franklyn St take **right** driveway with sign to Nelson Environment Centre
- Follow driveway over judder bars into Braemar Eco-Village (pass Nelson Environment Centre on left)
- Nelson Iyengar Yoga is located in "Williams Block" (single-story, beige, weatherboard building with red roof)



For more information: visit www.nelsoniyengaryoga.co.nz or email nelsonyoga@clear.net.nz or phone Susan on (03) 547-6008