

# YOGA CLASSES

SI - Strong Intermediate I - Intermediate B - Beginners L - Ladies Only  
 GB - Gentle Beginners Br - Breathing & Relaxation YN - Yoga Nidra

| DAY       | CLASS       | CLASS       | CLASS      | CLASS     |
|-----------|-------------|-------------|------------|-----------|
| Monday    | 8.45am B    | 10.30 am I  | 6.00 pm B  | 7.30 pm B |
| Tuesday   | 9.30 am GB  | 5.00 pm Br  | 6.00 pm B  | 7.30 pm I |
| Wednesday | 9.30 am B   | 10.00am L * | 5.00 pm B  | 6.30 pm I |
| Thursday  | 9.30 am B   |             | 5.45 pm SI | 7.30 pm B |
| Friday    | 9.15 am B   |             |            | 5.30pm B  |
| Saturday  | 8.00 am B   | 9.30 am B   |            |           |
| Sunday    | 08.45 am SI |             |            |           |

\*Classes marked with \* require prior booking. All other classes can be attended at leisure.

**THERE ARE NO CLASSES ON PUBLIC HOLIDAYS AND ON WEEKEND OF 24<sup>TH</sup> AND 25<sup>TH</sup> JULY !**

\* PRIVATE REMEDIAL YOGA INSTRUCTION (INCLUDING AYURVEDIC COUNSELLING) IS AVAILABLE FOR SPINAL PROBLEMS, BREATHING PROBLEMS AND ALL CHRONIC DISEASES.

\* ANTE-NATAL INSTRUCTION - BY APPOINTMENT

\* BREATHING AND STRESS RELEASE - TUESDAYS AT 5.00pm

Super sessions for all those who need relaxation and simple deep breathing instruction. Excellent for people suffering from hyper-tension, tension headaches, high blood pressure, breathing problems etc. For beginners and anyone at all wishing to enjoy being relaxed.

**REGISTRATION:** You can register on the day you wish to start your first class. Please arrive 15 minutes before the class starts. Booking is not necessary.

**WHAT TO BRING:**

- Wear loose comfortable clothing.
- In cold weather please bring socks, a jersey and a blanket.
- In warm weather please bring a towel.
- Everything else is provided.

## YOGA TUITION FEES FOR THE YEAR 2009 MONTHLY FEES PAYABLE AT THE BEGINNING OF EACH CALENDAR MONTH FOR THE MONTH

|   |                |
|---|----------------|
| * To attend a single class:   | R60            |
| * To attend one class per week (for the month):   | R180           |
| * To attend as many classes as you wish:  | R250           |
| * Half month fees from the 15 <sup>th</sup> to the end of the month:<br>(This enables you to attend as many classes as you wish during those two weeks) | R130           |
| * Special combined fee for <b>married couples</b> attending as often as you like  | R400           |
| * <b>Children</b> age 15 and under, attending with parents:   | Half-Price     |
| * <b>Young persons</b> aged 16 and over:  | Full Price     |
| * <b>Self-supporting full-time (only) career students:</b>  |                |
| • To attend one class per week (for the month):   | R160           |
| • To attend as many classes as you wish:  | R225           |
| • Half month fees from the 15 <sup>th</sup> to the end of the month:  | R110           |
| • To attend a single class:   | R55            |
| * <b>Pensioners</b> on Government Social Pension (Proof required)   | Donation-basis |
| <b>FEES DO NOT CARRY OVER INTO THE NEXT MONTH AND ARE NOT REFUNDABLE.</b>   |                |