

# 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>B</b>    | 10.30 am <b>I</b>  | 6.00 pm <b>B</b>  | 7.30 pm <b>B</b> |
| Tuesday   | 9.30 am <b>GB</b>  | 5.00 pm <b>Br</b>  | 6.00 pm <b>B</b>  | 7.30 pm <b>I</b> |
| Wednesday | 9.30 am <b>B</b>   | 10.00am <b>L</b> * | 5.00 pm <b>B</b>  | 6.30 pm <b>I</b> |
| Thursday  | 9.30 am <b>B</b>   |                    | 5.45 pm <b>SI</b> | 7.30 pm <b>B</b> |
| Friday    | 9.15 am <b>B</b>   |                    | 5.30pm <b>B</b>   |                  |
| Saturday  | 8.00 am <b>B</b>   | 9.30 am <b>B</b> * |                   |                  |
| Sunday    | 08.45 am <b>SI</b> |                    |                   |                  |

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

**There are no classes on public holidays and Easter weekend !**

\* **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.

## Hatha 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 |

**Fees Do Not Carry Over Into The Next Month And Are Not Refundable.**