



November/December 2015 • 351 Remuera Road • <http://yogateachertraining.nz/weekly-yoga-classes/>

MONDAY	9:30am-12:30pm	Human Anatomy and Physiology (musculoskeletal system) for Yoga teachers and students	All levels	Dyana Wells	Weekly course until December 7th, \$45 per 3-hour class
	12:30-1:30pm	Asana class with focus on musculoskeletal system	All levels	Dyana Wells	Weekly course until December 7th, \$20 drop-in
	5:30-6:45pm	Matthew Sweeney's Chandra (Moon) Vinyasa Sequence.	All levels	Guest Tutor Martina Gotz	4 week course, November 9, 16, 23, 30, \$80
	7:00-8:30pm	Meditation with a focus on Mindfulness, from the Buddhist perspective	All levels	Dyana Wells	Weekly course until December 7th, \$20 drop-in
TUESDAY	9.30-10.45am	Weekly class	All levels	Vincent Bolletta	\$25 casual, \$200 10 class concession
	6:00-7.15pm	Level two course	Level 2	Karla Brodie	3 week course starts 1 Dec, \$60, bookings required
	7.30-8.45pm	Level two course	Level 2	Karla Brodie	3 week course starts 1 Dec, \$60, bookings required
WEDNESDAY	9.30-10.45am	Weekly class	All levels	Karla Brodie	\$25 casual, \$200 10 class concession
	7:00-8.15pm	Weekly class	Beginners	Karla Brodie	Starts February 2016, bookings required
THURSDAY	9.30-10.45am	Weekly class	All levels	Vincent Bolletta	\$25 casual, \$200 10 class concession
	6:00-7.15pm	Weekly class	Advanced	Karla Brodie	\$25 casual, \$200 10 class concession, bookings required
	7.30-8.45pm	Restorative class, all proceeds to Nepal rebuild projects	All levels	Karla Brodie	4 week course starts 26 th November, \$80 (booking required).
WEEKENDS	7:30am-6:30pm	200-Hour Yoga Teacher Training (Yoga Alliance)	All levels	Dyana, Karla, Neal, Vincent	Options: 20-day Intensive (January 2016) Weekend mode (April-August 2016) 9-Day Intensives (August & October 2016)

Please contact class or course teacher directly for more information and bookings. **Dyana:** dyanawells@gmail.com **Karla:** karla@karlabrodie.co.nz
Martina: martina_gotz@hotmail.com **Vincent:** vincentbolletta@me.com **Yoga Teacher Training:** brian@iyttnz.com