

Find your inner kung fu panda zen in time for exams.

Youth yoga classes with Jennifer Riley,
Juju Kim and Bryan Johnston.

4-week courses: \$60

3-week Friday course 1: \$45

Age range 12-18

All bookings: contact Bryan on 029 912 5330
or Juju at juju.kim90@gmail.com

contemporary yoga centre

351 Remuera Road



Youth Yoga

Youth yoga's focus is very much on accepting the body you have today, and nurturing to work with it, rather than seeking perfection and the unobtainable body shapes that young people are bombarded with. Yoga for everybody's body. Connecting mind, breath and movement teens build resilience, strength and relieve stress. The benefits of a yoga class will reach into their everyday lives.

Guys, with Bryan Johnston

Course 1: Wednesday 12, 19, 26 October, 2 November; 4.30-5.30pm

Course 2: Wednesday 9, 16, 23, 30 November; 4.30-5.30pm

Bryan Johnston: Playing Premier rugby in New Zealand and Scotland, I found my way to yoga to counter the stresses of playing an impact sport. Yoga was a great way to stretch, move and challenge myself, and also improve focus and concentration. I practiced yoga for almost a decade before starting to teach it. My classes are full of fun, laughter and a strong connection of body, breath and mind—leaving my students with a smile on their face and a growing connection to their body.

Girls, with Juju Kim

Course 1: Thursday 13, 20, 27 October, 3 November; 4.30-5.30pm

Course 2: Thursday 10, 17, 24 November, 1 December; 4.30-5.30pm

Juju Kim: I am a trained yoga instructor and also a full time primary school teacher so I can understand that being a student and going to school takes a lot of energy! I have enjoyed sharing the yoga practice in my classroom and have seen the benefits of my students learning how to relax, de-stress, move and incorporate mindfulness in their daily lives. My intentions for the classes are to relax, move, stretch and have fun!

Girls, with Jennifer Riley

Course 1: Friday 14, (no class 21), 28 October, 4 November; 4.30-5.30pm

Course 2: Friday 11, 18, 25 November, 2 December; 4.30-5.30pm

Jennifer Riley: I love to share the myriad of benefits of yoga and create space in our bodies; overcoming sitting for long periods, heavy bag carrying and mobile device use. With yoga we create space in our minds; calming, centering, laughing and breathing to release stress and tension and facilitate focus. You will leave calm and relaxed and happy. It is excellent preparation for exam and assessments.