



TAURANGA YOGA CENTRE
INC
Every Body's Yoga

**Introduces a Beginner Workshop Series
With tutor: Curly West.**

There will be 6 x 1 hr 30min classes on Saturdays starting
August 16th

Class time: 11.00am - finishing 12.30pm

Investment: \$50 for the 6 week series. *(Casual rate of \$12.) The 6 weeks are designed to provide a course of introduction to yoga & students are encouraged to attend all sessions.*

- Bring a yoga mat if you have one. Mats for hire - \$1 a time. Mats are also available for purchase.
- Please arrive at class early for a prompt beginning.
- Wear roomy, or stretchy, clothing. Please switch off your mobile phone.

This workshop series is suitable for absolute beginners, and those with some yoga experience, who wish to deepen their understanding of the purpose, discipline and philosophy of Yoga, through the teaching of postures.

*The Tutor: **Curly West has been teaching Yoga for 30 years.** He is Iyengar and IYTA trained and has experience in New Zealand, England and America. Curly strongly supports the importance of the larger philosophy of the Yogic way of life. His teaching focus takes an intensive, in-depth approach to each posture.*

To register – Email **or** Phone: Mobile Sue: [+64 22 350 3891](tel:+64223503891)

EMAIL: Sue Furey info@taurangayoga.org.nz : with name & contact details.

- Prepayment is encouraged & appreciated: a/c 38 9004 0616591 00
- Online Banking Reference: 'Curly beg \$50'.
- Course fees and casual payments also accepted on the day - cash or cheque.



Affordable Non Profit Community Yoga

www.taurangayoga.org.nz