



# Yoga in Remuera

Monday	9.45-11 am <b>Contemporary</b> Karla	11.30 am-1 pm <b>Wellness</b> (free*) Karla / Annette / Catherine		
Tuesday	9.30-10.50 am <b>Yin</b> Karin	6-7.15 pm <b>Contemporary</b> Karla (term course)	7.30-8.50 pm <b>Contemporary</b> Karla (term course)	
Wednesday	9.45-11 am <b>Contemporary</b> Karla	11.30 am-1 pm <b>Wellness</b> (free*) Robin / Sheena / Emma / Ruth	6-7.15 pm <b>Yoga + Meditation</b> Yumi (term course)	7.30-8.50 pm <b>Restorative</b> Yumi
Thursday	4.30-5.30 pm <b>Youth</b> Robin / Sarah	7.30-8.50 pm <b>Restorative</b> Karla (term course)		

Bookings essential for all classes and courses.  
Concessions available.

**Bookings:** Karla on 021 964 252  
or [karla@karlabrodie.co.nz](mailto:karla@karlabrodie.co.nz)

\*Wellness: free class for people living with chronic illness/ long-term health conditions.

**contemporary yoga centre**

351 Remuera Road/ [contemporaryyoga.nz](http://contemporaryyoga.nz)

