



Yoga in Remuera

Monday	9.45-11 am Contemporary Karla	11.30 am-12.45 pm Wellness (free*) Karla / Robin / Sheena / Emma Ruth / Catherine / Jennifer	
Tuesday	9.30-10.50 am Yin Karin	6-7.15 pm Contemporary Karla (term course)	7.30-8.50 pm Contemporary Karla (term course)
Wednesday	9.45-11 am Contemporary Karla	6-7 pm Movement Tonia (term course)	7.15-8.30 pm Restorative / Yin / Sound Tonia
Thursday	7.30-8.50 pm Restorative Karla (term course)		
Sunday	4-5 pm Sound Bath Tonia	5.30-6.30 pm Sound Bath Tonia	
Sep 11			
Oct 9			
Nov 13			
Dec 11			

Bookings essential:
Karla on 021 964 252 or
karla@karlabrodie.co.nz

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

contemporary yoga centre

351 Remuera Road / contemporaryyoga.nz

