



# Yoga in Remuera

Monday	9.45-11 am <b>Contemporary</b> Karla	11.30 am-12.45 pm <b>Wellness</b> (free*) Karla / Robin / Jennifer / Sheena	
Tuesday	9.30-10.50 am <b>Yin</b> Karin	6-7.15 pm <b>Contemporary</b> Karla	7.30-8.50 pm <b>Contemporary</b> Karla
Wednesday	9.45-11 am <b>Contemporary</b> Karla	6-7 pm <b>Movement</b> Term course Tonia	7.15-8.30 pm <b>Restorative / Sound</b> Tonia
Thursday	7.30-8.50 pm <b>Restorative</b> Term course Karla		
Sunday	2 pm or 4.30 pm <b>Sloth Sessions</b> Monthly classes Karla	4 pm or 5.30 pm <b>Sound Baths</b> Monthly classes Tonia	

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

\*

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

**contemporary yoga centre**

351 Remuera Road / contemporaryyoga.nz

