



Yoga in Remuera

contemporary yoga centre

351 Remuera Road



Yoga times

Monday	8.15-9.15am Shadow Yoga Natalie	9.45-11am Contemporary Karla	11.30am-1pm Wellness (free*) Yumi / Nanxi / Karla / Emma	1.10-2.10pm Wellbeing (koha**) Yumi / In Japanese	6.30-9pm Mindfulness Eve (term course)
Tuesday	9.30-10.50am Yin Karin	6.00-7.15pm Contemporary Karla (term course)	7.30-8.50pm Contemporary Karla (term course)		
Wednesday	9.45-11am Contemporary Karla	11.30am-1pm Wellness (free*) Robin / Sheena / Emma / Ruth	7.30-8.45pm Yoga Nidra Yumi (term course)		
Thursday	7.30-8.50pm Restorative Karla (term course)				
Friday	8.15-9.15am Shadow Yoga Natalie	4.30-5.30pm Youth Robin			
Sunday	2-3.30pm Wellbeing (koha**) Nanxi / In Chinese				

Bookings: Karla on 021 964 252
or email karla@karlabrodie.co.nz
www.contemporaryyoga.nz

Bookings essential for all classes and courses. Concessions available.

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

** **Wellbeing**: Japanese/ Chinese classes by koha (offering/ donation).

