

YOGA

taught in the tradition of BKS IYENGAR

BEGINNERS COURSES

for those who are new to the practice of Yoga.

8-class Introductory Beginners Course:

Starts Thursday 15th May, 7-8.15pm

Course Fee: \$100. To be paid in advance to secure your place.

Course Teacher: Anne-Marie Tweedie (Certified Iyengar Teacher)

For more information or to enrol, contact Anne-Marie Tweedie:

amtweedie@clear.net.nz or yogabasechristchurch@gmail.com (attn Anne-Marie)

After completing the Beginners' Course students can join our Level One classes.

YogaBase

113 Woodham Rd, Wilding Park Tennis Centre
www.yogabase.co.nz

YogaBase

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Registration

Name: _____
Phone: (day) _____
(evening) _____
Email: _____
Address: _____

Course or Class: _____
Day & time: _____
Starting date: _____

HEALTH CONCERNS OR INJURIES (past or present)
Please let us know if you have any medical conditions such as:
high blood pressure; heart conditions; knee, back or neck injuries.

Payment:

Cheque made out to Yoga Base
Post to: 11 Jervois Street, Christchurch 8061
Direct Credit to Yoga Base
Account Number: 38 9012 0696157 00
Remember to include your name in the reference.

Any enquiries, please contact us at:
amtweedie@clear.net.nz

For further information visit our website:
www.yogabase.co.nz