

# Flexi-Moves: Yoga for Health

## Classes for 2017

I practice according to Hatha Yoga principles, and teach correct alignment and breathing techniques, so that practice becomes very beneficial to health. I can supply mats to use for the first five weeks of attendance.

### CLASSES AVAILABLE:

**Beginner Yoga** accommodates those who are not very flexible, or who are new to yoga. Basic poses, breathing techniques and body alignment are taught. Props and straps are used to support progress, as required. **Monday Evening 5.30pm to 6.45pm**

**General Yoga** works at the next level and suits those who are competent in the basic breathing techniques and basic yoga poses. A few props are used. **Tuesday & Thursday Evenings 5.30pm to 6.45pm**

**Restorative Yoga** suits people unable to do **Beginner Yoga**. This class includes gentle flexibility moves and a longer Relaxation period, which is very kind on the body and gives great potential for healing and repair to occur. **Wednesday Evening 5.30pm to 6.45pm**

**Arthritis Yoga** -Sessions include: a) Physical poses – modified to your needs as required. b) Breathing techniques – specific techniques to reduce pain and stress. c) Relaxation practices – breathing becomes slower and deepens; heart rate decreases; blood pressure drops or stabilizes; your muscles relax; your body begins to heal. Please enquire for further information.

**Workplace Wellness Yoga** - Sessions can be arranged for a minimum group of 8 participants. They are designed to suit the specific needs of employer and staff, e.g. stress reduction, improved communication with colleagues, improved work performance, increased physical flexibility.

**Gentle and Chair Yoga classes** Sessions can be arranged for minimum groups of 8 participants. They suit those with very limited mobility; are wheelchair bound; or who prefer to practice in a gentle flexibility class. You will still get the benefit of the posture - even if you are sitting.

### Venue

In-house lessons are privately booked and held at that location.

Monday to Wednesday classes are held at Arawa Bowling Club in Lytton Street, Glenholme.

Thursday yoga class is held at St Chads at 2 Devon Street, Glenholme.

### Booking

Due to limited room size, **bookings are essential**. Please contact me for further information.



**For more information contact:**  
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