**Yoga4Life**

**Autumn 2020 Timetable \*from March 4th**

**@ Mosgiel Holistic Centre**

**With Lisa Morrison**

**IYTA NZ, Inc. Dip. Tchg.**

**Monday 6.45-7.45am - Summer Early Bird cont. till 6/4**

**-Autumn Early Bird 20/4 - 15/6**

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**Tuesday 6.00-7.30pm**

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**Wednesday 4.45-6.15pm**

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**Wednesday 6.30-8pm**

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**Thursday 10.00-11.30am**

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**Private one-to-one sessions available**

**Beginners classes held in blocks throughout the year.**

**Please contact Lisa to add your name to waitlist or if you are new to Yoga4Life classes**

**Class numbers limited to 14 – ‘regulars’ text your absence, ‘casuals’ text to check availability**

**Practising & sharing yoga for over 18 years, I have developed a deep understanding of the body’s energies: how to activate and balance them, bringing a sense of strength, ease & confidence to one’s whole being. A strong emphasis is placed on the refinement of natural and universal movement principles that underlie safe and sustainable Yoga, using the breath to create pathways of alignment from the inside out, while also sharing the therapeutic, anatomical & physiological benefits, ensuring that students become their ‘own best teacher’ through listening & responding to their innate body’s wisdom. Yoga4Life grew from a desire to share Yoga that ALL could access & benefit from, at every stage of their life. I am continually challenged & inspired to meet my students’ unique & ever-changing needs, whether they are 18 or 88 years young!**

**Casual price: $15**

**10-class concessions: $120**

**(To be used within 13 weeks; Terms & Conditions apply)**

**My life & teachings are based on Patanjali’s 8-limbed system of Yoga**

**Enquiries to: Lisa**

**lisa@ocw.co.nz** **or 0274370779**