



Spring Class Schedule November 1st until 30th

	TIME	TEACHER	CLASS
Monday	6.00 – 7.00pm	Alina	Flexibility, Strength & Balance
Tuesday	12.05 – 1.05pm	Dwi	Classic Hatha & Therapy
Wednesday	5.30 – 6.30pm	Noeleen	Hatha Yoga
Thursday	6.30 – 7.15 am	Noeleen	Morning Awakening
Thursday	12.05 – 1.05pm	Tammy	Vinyasa Flow
Thursday	6.00 – 7.15pm	Dwi	YinYang
Friday	12.05 – 1.15pm	Dwi	YingYang
Friday	7.00 – 8.30pm	Dwi	Classis Hatha & Therapy
Saturday	12.00 – 1.00pm	Mariska	Yoga Nidra
Sunday	3.00 – 4.15pm	Susan	Embody Yoga

November BRING A FRIEND FOR FREE to a class

Offer only available to current members, only one time over the month of November!! See more info in our monthly Newsletter.

- Susan's afternoon class on November 10th will be cancelled. Sorry for any inconvenience.
- Noeleen will be teaching Tammy's Thursday lunch class on November 14th.

All classes are open to the public, and for all abilities.

\$10 for members & \$15 non members

CONTACT DETAILS – EMAIL – teanauyoga@gmail.com

WEBSITE – www.teanauyoga.co.nz * FACEBOOK – [Te Anau Yoga](#) - Nonprofit organization