



Timetable & Events

2012

Venue: THE CPIT- POLYTECH, RECREATION CENTRE Madras Street

Entrance from Williams Street

NO Classes on Public Holidays

please arrive 10 minutes early in class.

Bookings essential !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6.30-7.30am Early bird			6.30-7.30am Early bird	
9.30-10.30am Open class					
		4.30.-5.30pm Youth yoga			1.00-3.00pm Cooking Workshops or one to one
6.00-7.00pm Improver		6.00-7.00pm Improver		1 st Friday of month 6.00pm-7. 30pm Family yoga	Arka Dhyana Meditation 2 nd Sat 5.00-6.00pm every month One to one
7.00-8.00pm Beginner		7.00-8.00pm Beginner			

Prices:

\$80.00 Children ages 4 to 8

\$80.00 youth ages 9 to 13

\$110.00 Adult

\$80.00 Senior Citizen

\$10.00 per class Arka Dhyana (Intuitive Meditation)

\$17.00 Yoga casual lesson

\$40.00 Therapy Yoga (one to one) per session

\$20.00 Traditional Indian head massage 20 minutes



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\$50.00 Vegetarian Cooking for Healthy Living per work-shops
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Terms for 2012

Term one (10weeks)

Monday 30th January to Thursday 5th April

Term two (10weeks)

Monday 23rd April to Friday 29th June

TV2 KidsFest July

Term Three (11weeks)

Monday 16th July to Friday 28th September

Term Four (10weeks)

Monday 15th October to 19th December

Family yoga 2012

Family yoga designed to give an opportunity to all family members to participate in yoga together and to continue at their own pace in their own environment.

First Friday of every month 6.00pm to 7.30pm. Family – 2 adults +2 children (under 13) - \$25.00

Bookings essential !

3 rd February	2 nd March	4 th May	1 st June	6 th July
3 rd August	7 th September	5 th October	2 nd November	

Intuitive Arka Meditation (I AM)

by: *Asmita*

For more information please visit: www.arkadhiana.org

Course content: Arka Dhyana-Intuitive Arka Meditation is a way of connecting the mind, body and spirit through your heart via touch, sound and conscious-breath.

This method helps us to feel revived and refreshed, leading us to greater awareness. Many people around the world have gained courage, improved their health and experienced peace and personal growth through the practice of this method.

Second Saturday of every month 5.00-6.00pm

Bookings essential!

Time: 5pm - 6pm

11th February	10th March	14th April
12th May	9th June	14th July
11th August	8th September	13th October



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10th November	8th December	
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Wear comfortable clothing .

For more information please call Mobile 021 230 9574
Email: info@shivjag.co.nz