

<b>Class Times (from 06 Oct 2008)</b>		
Monday	12.05pm – 12.30pm	<b>Pilates Express*</b>
	12.35pm – 1.35pm	<b>Bodyboost</b>
	5.15pm – 7.00pm	<b>Astanga (Mysore-Style)</b>
	6.00pm – 7.30pm	<b>Astanga (1 1/2 hr)</b>
Tuesday	12.05pm – 12.30pm	<b>Pilates Express*</b>
	12.35pm – 1.35pm	<b>Astanga (1 hr)</b>
Wednesday	12.05pm – 12.30pm	<b>Pilates Express*</b>
	12.35pm – 1.35pm	<b>Bodyboost</b>
	6.30am – 8.00am	<b>Astanga (1 1/2 hr)</b>
Thursday	12.05pm – 12.30pm	<b>Pilates Express*</b>
	12.35pm – 1.35pm	<b>Astanga (1 hr)</b>
	6.00pm – 8.00pm	<b>Astanga (Mysore-style)</b>
	6.30pm – 8.00pm	<b>Astanga (1 1/2 hr)</b>
Friday		
6 week course	12.30pm – 1.30pm	<b>PregPilates*(24Oct/28 Nov)</b>

\* indicates this is a course and is paid for separately from classes included in the Term Fee.

**Please check in every time**

A class register will be available for you to check yourself in.

**Bring a small towel**

It can be very useful in some poses.

**Remove your shoes**

Before entering the practice area.

**Practise on an empty stomach**

To ensure to get all of the benefits of your yoga practice, we recommend that you don't eat at least an hour before class time. Also, try not to drink water during the class. This will maintain the internal heat of your body. Drink plenty of water after class.

**As a courtesy please turn off cell phones or pagers before class**

We understand that there are times when you need to be available, just let the teacher know if this is the case.

**Please be on time**

If you arrive for a class and the previous class is still finishing, please be quiet.



Observation Tower  
(upstairs from Level 26)  
BNZ Tower  
125 Queen Street  
Auckland City

## Class Description

### Astanga

Flow-style cardio / strength / stamina / flexibility-building. Recommended for people who enjoy using your bodies and being fit. This can be a fast-paced class and it is strongly advised that the **Astanga Intro Course** be attended first, or before attending many of these classes. The lunch classes are 1 hour, evening or before work classes are one-and-a-half hours.

### Astanga (1 1/2 hr)

As above but with more of the Astanga Primary Series postures included.

### Astanga (Mysore-style)

The next level up. Knowledge of the sequence is necessary before attending.

### \*Pilates Express (dates and times as above)

25 minute Pilates mat classes run in three-week intensives, 4 classes available per week. Attendance is required to at least 3 classes per week to ensure all students are up-to-speed with the exercises and level of intensity of the classes. This course is designed to tone, develop core function, and get results, with 35 minutes of your lunch-break left.

### Bodyboost

A fusion of Pilates, Yoga, and various techniques to stabilise and strengthen the core, tone and lengthen muscles. Recommended for people looking to improve movement habits, supplement your current exercise programme, or break out from your sedentary lifestyle! Attending the **Pilates Intro Course** initially would definitely improve your overall results.

### \*Pilates Intro Course (dates and times as above)

Introduces the principles of Pilates and correct technique. To the maximum benefit this course is recommended for everyone serious about achieving best results. Minimum numbers apply.

### \*Pilates for Pregnancy Course (Six Weeks: Fridays 24 Oct / 28 Nov)

As the body changes to accommodate the baby, and prepare for the birth through this exciting time of your life. Improve: awareness of head, shoulder and neck alignment to prevent neck tension; breathing and movement control; balance; comfort. Sign up now!

### \*Stressbuster Course (dates and times as above)

Gives you strategies to release tension and dissolve stress. Covering yoga, breathing, meditation and relaxation with guided visualisation. Recommended for people who need to let go of your stress, or are recovering from illness / injury. Sign up quickly so you don't miss out.

### \*Astanga Intro Course (dates and times as above)

Introduces this dynamic style of yoga. Recommended for total beginners. Structured so you learn about the breathing technique (Ujayi), core control required (bandhas), and modifications to make for specific individual body differences. Minimum numbers apply.

### \*Intro to Yoga Course (dates and times as above)

Introduces the most basic and fundamentally important aspects of yoga: Sun salutations and breathing, Standing poses and balancing postures, Twists and back bending, Inversion preparation and forward bending. Minimum numbers apply.

**One-on-One** sessions are available at \$70 (1 hour 15 minutes). Negotiate a special rate if you book blocks of 5, 10, or more sessions in advance.

**Customised Courses available** (dates to suit your schedule), for more information **email** us.

### Payment (Term Four 06 Oct / 19 Dec (Mon 27 Oct: Labour Day))

Single class \$17, or Term Class Concession \$165 per term. (Term averages 11 weeks, come to two classes a week and pay \$6.82 a class!)

Six week Intro courses are \$121. Intro to Yoga Course (8 weeks) is \$165. If you've already signed up for a Term Concession receive a 30% discount (\$85 or \$116).

Pilates Express courses (three weeks) are \$120.

Payment may be made in cash (please have correct change ready), or electronic transfer (not EFTPOS), details supplied on request.