

Peter Sanson New Zealand Workshops

September 2008 – January 2009

Gisborne

Thurs 11th – Mon 15th September

Where: 113 Gladstone road, Gisborne, (Yoga Centre)

Class Times: Thurs/Fri Mysore 4 – 6 pm
 Sat Mysore 10 am – 12 pm
 Sun Mysore 9 – 11 am
 Mon Mysore 4 – 6 pm

Cost: 5 classes \$110 or \$25 per class

Registration: Please contact **Amna** to register for this workshop by:
Email: **akamal-03@hotmail.com**
Phone: (06) 862 8493

Wellington

Mon 22nd - Sat 27th September

Where: Te Aro Ashtanga Yoga Shop 234, Level 1, the Left Bank, between Cuba Mall and Victoria Street.

Class Times: All classes Mysore 6 am, 6.30am or 7am Starts

Cost: 6 classes \$130 or \$25 per class

Registration: Please advise **Mike & Victoria** of your details and preferred start time
Email: info@astanga.co.nz or Website: www.astanga.co.nz
Phone: (04) 565 4061

Naiper/Hastings

Wed 1st – Sun 5th October

Where: Body Fusion 231 Warwick Rd, Hastings

Class Times: Wed/Thurs Mysore 6.30 am start
 Friday Mysore 5.30 pm start
 Sat Mysore 11 am Start
 Sun Mysore 10 am Start

Cost: 5 Classes \$110 or \$25 per class

Registration: For further information on this workshop and/or to register please contact **Shelley** by emailing or phoning:

Email: s.hickson@orcon.net.nz
Phone: (06) 877 8419

Waiheke Island**Fri 24th – Mon 27th October – Labour Weekend**

Where: Palm Beach Hall, Palm road, Palm Beach, Waiheke Island

Class Times: Friday Mysore 3.30 – 6.30 pm
Sat/Sun/Mon Mysore 9 am – 12pm

Cost: 4 classes \$100 or \$25 per class

Registration: Please advise **Stephanie Nelson** of your details and preferred start time
Email: waihekeislandyoga@gmail.com
Phone: 021 2364414

Gisborne**December 28th – January 15th 2009 – Summer Workshop**

Where: 113 Gladstone road, Gisborne, (Yoga Centre)

Practice Days:

Practice Days	Rest Days
Sun 28 th – Wed 31 st Dec	Thurs 1 st Jan
Fri 2 nd – Mon 5 th Jan	Tues 6 th Jan
Wed 7 th – Sat 10 th Jan	Sun 11 th Jan
Mon 12 th – Thurs 15 th Jan	

Class Times: 8.00, 9.00, 10.00 am

Cost: for 1/2/3 lots of 4 days is \$80/\$140/\$190
or whole workshop is \$240

Registration: Please contact **Gill** for more details or to register for this workshop by either emailing or phoning her.
Email: gillewis@paradise.net.nz
Phone: (06) 867 2973

Accommodation: As well as registering for the workshop it's important to sort out accommodation early.

Check out this website for sourcing accommodation
www.gisbornenz.com

Gisborne 3 Bedroom Villa for rent over Summer

Please feel free to check out Ruth's property on the following website:
<http://www.holidayhouses.co.nz/properties/4042.asp>

Or give Ruth a call for more details on **(06) 867 1481**

Ruth rents out her lovely 3 Bedroom villa to yoga students each year and again has made her home available. So please check out her details and get in touch with her quickly if you are interested in renting her house.