

Friday Night Yoga.

Join us for some easy as yoga
on a Friday night.

6.30-8pm*

Rotating classes of Restorative, Yin, Nidra,
and Moon Vinyasa

\$30 casual/ 5-class Friday concession \$125

Bookings essential:

karla@contemporaryyoga.nz

*Moon Vinyasa 6.15-8pm

contemporary yoga centre

351 Remuera Road/ contemporaryyoga.nz



April	6 Moon Martina	13 Restorative Karla	20	27	
May	4 Moon Martina	11 Yin Karin	18 Yin-Rest-Nidra Sandra	25 Restorative Emma	
June	1 Moon Martina	8 Yin Karin	15 Restorative Emma	22 Yin-Rest-Nidra Sandra	29 Restorative Karla
July	6 Moon Martina	13 Yin Karin	20 Restorative Karla	27 Yin-Rest-Nidra Sandra	
August	3 Moon Martina	10 Yin-Rest-Nidra Sandra	17 Restorative Karla	24 Yin-Rest-Nidra Sandra	31 Moon Martina
September	7 Restorative Karla	14 Yin Karin	21 Yin-Rest-Nidra Sandra	28 Moon Martina	
October	5 Restorative Karla	12 Yin Karin	19 Restorative Karla	26 Yin-Rest-Nidra Sandra	
November	2 Moon Martina	9 Restorative Karla	16 Yin-Rest-Nidra Sandra	23 Yin Karin	30 Moon Martina
December	7 Restorative Emma	14 Yin-Rest-Nidra Sandra	21	28	

Rest level ●●●● Restorative ●●● Yin-Restorative-Nidra ●● Yin ● Moon Vinyasa

Restorative – Karla Brodie

Restorative yoga is a deeply nourishing approach to yoga practice that supports easeful breathing, good digestion and a settled nervous system. A powerful antidote to stress, anxiety and fatigue, it also supports a good night's sleep.

021 964 252

karla@karlabrodie.co.nz
karlabrodie.co.nz

Restorative – Emma Aubin

Enjoy a night in with this deeply restful practice that restores your sense of equilibrium as you transition into your weekend.

021 843 266

emma@yogamap.co.nz

Yin-Restorative-Nidra Sandra Palmer

This class provides time, space, and the support of props and gentle movement to ease into supported yin and restorative postures, ensuring integration of the body in all shapes. The class completes with a healing yoga nidra.

021 027 01129

sandra@integrativetherapy.co.nz
integrativetherapy.co.nz

Yin – Karin Michelle Sang

A meditative and profoundly relaxing practice, nourishing the deeper tissues of our body, while relieving tension, stress and relaxing the nervous system.

The passive poses enhance the flow of energy through the body to create a profound sense of calmness, focus and equanimity.

020 488 0020

karin@yintherapy.com
yintherapy.com

Moon Vinyasa – Martina Götz

A slow flowing practice focused on opening the front line of the body (backbending), releasing tension in the hips, groin and lower back, and creating a soft stable abdomen.

021 630 623

martina@stillnessinmovement.co.nz
stillnessinmovement.co.nz