

**WELCOME TO
THE LOTUS YOGA CENTRE AND RETREAT INCORPORATED**

91 Ruapehu Street – Paraparaumu 5032 – Phone: 04 298 8258

Website: www.lotusyogacentre.org.nz Email: lotus.yoga.centre@paradise.net.nz

CLASS TIMETABLE

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners Yoga Cathryn	7.30 – 8.30 pm	10am – 11am 6pm - 7pm	10am – 11am		10am – 11am	
General Yoga Cathryn	10am – 11am 6pm - 7pm			10am – 11am 6pm - 7pm		
Early Bird Yoga Cathryn						7am - 8am
Taichi Qigong Cathryn		11.30am-12.30 pm 7.30pm – 8.30 pm			11.30am-12.30pm	

IYTA trained and experienced teacher, Cathryn Doornekamp, warmly invites everyone to attend.

Classes are held all year round, except when a class falls on a public holiday.

Newcomers may start any time. Short and long term. Casuals welcome.

Please arrive ten minutes early to register and advise your teacher if you are pregnant, suffer from high blood pressure or dizzy spells, have a sore back, or do have breathing problems.

Price Structure for Classes

**\$12.00 per casual class, \$40.00 for 4 yoga or taichi classes,
\$75.00 for a ten session yoga card or taichi card**

Members of The Lotus Yoga Centre receive 10 classes for \$65.00 (Membership is \$40 per annum)

COURSE TIMETABLE

COURSES	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Meditation 4 weeks \$45.00		7.30 pm – 9.00 pm Eric Doornekamp		
Massage 1 day \$70.00				9.30 am – 4.30 pm Eric Doornekamp
Classic Yoga 1 day per month			9.00 am – 1.00 pm Eric Doornekamp	

Courses are by prior enrolment and will go ahead if there are sufficient numbers enrolled.

PAYMENT is by cash, cheque or online banking as the Centre does not have eftpos facilities.

PARKING is in the grounds of the Centre, in front or alongside the homestead, not on the road.

*When dry, cars may park on the front lawn. Orange road cones indicate the lawn is too wet to park on.