



# THE YOGA ROOM

HANMER SPRINGS

SUMMER 2018/2019

## WEEKLY CLASSES

**Tuesday 5:15 - 6:30pm Liv**

**Saturday 9:00 - 10:15am Liv  
by Request**

\$20 casual class rate

\$75 for 5 classes

\$140 for 10 classes

Minimum of 3 students / class for classes to run. We ask that all students contact the instructor to advise of their attendance. Or watch the Hanmer Springs Noticeboard on Facebook for any schedule change and to register your attendance.

Class passes expire within either 6 weeks of purchase for a 5 class pass or 12 weeks for a 10 class pass.

### LIV REID

IYTA trained and been teaching since 2003. Liv teaches a functional flow style yoga who caters to all ages & abilities. Incorporating the use of essential oils to assist students to further relax and tune in to their bodies & minds.

**021 548 776**

**[liv@pulseyoga.nz](mailto:liv@pulseyoga.nz)**

**[www.pulseyoga.nz](http://www.pulseyoga.nz)**

### ANI ROE

German/ Indian trained yogini since 2002, qualified massage therapist and herbalist and founder of Natural Health.

Ani integrates functionality into movement to form strong foundations.

**022 163 9133**

**[info@anihealthcare.co.nz](mailto:info@anihealthcare.co.nz)**

**[www.anihealthcare.co.nz](http://www.anihealthcare.co.nz)**