



Elemental Life

— Ayurveda & Yoga4Life NZ —

with Lisa Morrison – Yoga Teacher & Ayurveda Practitioner

IYTA NZ Inc, Dip. Tchg.

AIAS Dip. Ayurveda

Summer 2024 Yoga4Life Timetable

@ Mosgiel Holistic Centre

functional, therapeutic & seasonal focus

supported and gentle

somatic & trauma informed

mindful & intention focused

breath techniques & meditation

holistic Yoga balancing physical, mental, emotional, energetic and spiritual

Tuesday 6.00-7.30 pm – Wise Women class (women only)

Wednesday 10-11.30am (Chalmers Room in Port Chalmers Town Hall -

Wisdom Years class (mixed)

Thursday 10.00-11.30am Wisdom Years class (mixed)

Friday 6.45-7.45am – Summer Sunrise -10 week block from 26 Jan (mixed)

– prior bookings essential for ALL CLASSES -

Casual price: \$20 (65+ \$17)

10 class block \$160 (10 weeks to use) (65+ \$130)

10 class flexi \$180 (12 weeks to use) (65+ \$150)

(Terms & Conditions apply)

My life & teachings are informed by Patanjali's 8-limbed system of Yoga and Yoga's 'sister science' Ayurveda – the science of LIFE: living in harmony with nature.

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Elemental Life
— Ayurveda & Yoga4Life NZ —

'Wisdom Years' Yoga4Life class

with Lisa Morrison – Yoga Teacher & Ayurveda Practitioner
IYTA NZ Inc, Dip. Tchg.
AIAS Dip. Ayurveda Lifestyle Consultant

Wednesday

10.00-11.30am

@ Port Chalmers Town Hall – Chalmers Room

functional, therapeutic & seasonal focus
supported and gentle
somatic & trauma informed
mindful & intention focused
breath techniques & meditation

holistic Yoga balancing physical, mental, emotional, energetic and spiritual

10-class block: \$160 or 65+ \$130 (10 weeks to use)

10-class flexi: \$180 or 65+ \$150 (12 weeks to use)

Casual price: \$20 (65+ \$17)

(Terms & Conditions apply)

Please bring a Yoga mat & blanket/towel

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Yoga's 'sister science' Ayurveda – the science of LIFE: living in harmony with
nature.

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