**YOGA CLASS with Glenys**

**Tuesdays – 6:00 to 7:15 pm
starting 4th Feb 2025
Kaharoa Hall
Cost: $75 per 10 weeks ($12 casual)**

***Suitable for beginners and the more experienced.***

Each class comprises a balanced mix of Hatha Yoga postures, pranayama (breathing exercises) and relaxation.

**Benefits of Yoga:**

* Revitalises and recharges the body
* Balances the major glandular systems
* Directly addresses the stresses and tensions that cause imbalances and lead to ill health
* Suitable for everybody, with variations to suit individual capabilities.

**Contact Glenys on 027 207 6412 or glenys@in-the-zone.co.nz
Please contact me to register**