

healthymind&body

Begin to Meditate | 1 session/\$35

Learn the practice of mindfulness meditation, developed by Tibetan teacher Sakyong Mipham Rinpoche. Bring more sanity to the complexity of our daily lives. Tutors are provided by the Shambhala Buddhist Meditation Centre, 3B Scarborough Lane, Parnell. www.auckland.shambhala.info
Open House Tuesday 7pm.

Yang Tsin Su Fitness – Energy – Martial Arts – Meditation

11 sessions by terms \$110

Improve energy, body shape, fitness, flexibility, balance, strength, inner peace and clarity (meditation). Maintain or restore health and learn how to de-stress with time efficient martial art exercises that are, in part, similar to a mix of Kung Fu and Tai Chi. All ages and levels of fitness. Beginners welcome at any stage of the term. For bookings email Yang.Tsin.Su@gmail.com or phone 021 060 1763.

Hapkido - Korean Martial Art of Self Defence | \$135 per term (3 months)

Improve your confidence and fitness. Use a variety of techniques such as punches, kicks, elbows, knees, throws, holds and more. Beginners welcome (ages 15 and over).
For bookings phone 537 0807 or 021 183 6953.

Introduction to Tai Chi | 8 weeks/\$45

An excellent method of reducing stress, cultivating relaxation and mind-body synchronisation. Meant as an introduction to some of the principles and applications of the Chen Man-Ching system. Tutor has been teaching for 19 years. Participants welcome at any stage of the term.

Nordic Walking Part 1 | 2 hours/\$43*

Learn to get fit the Nordic way! Easy to master, this unique form of exercise is a total body workout. Designed to give you a good understanding of the basics of Nordic Walking and assist in your application of the technique. Get professional coaching and reap the benefits of this awesome sport. Part 2 in Term 2.

*Pole hire included

Women's Self Defense **NEW** | 6 weeks/\$70

Realise your potential with a realistic approach to self defense. Gain greater awareness and learn self defense techniques in a supportive environment.

Check our website for updates www.parnell.org.nz

MFH

Helen Bennett tutor
Saturday 10am-12.30pm
Term 1: 18 Feb
Sunday 10am-12.30pm
Term 2: 27 May

Paul Smith tutor
Sixth Grade Instructor
Monday 6.30-8pm
Saturday 8-10am
Classes all year

**Mark and Nikki
Metcalf** tutors
Tuesday and Thursday
6-7.30pm
Classes all year
Begins 2 Feb

TAI

Dr Marcus Henning tutor
Saturday 11am-12pm
Term 1: 11 Feb
Term 2: 5 May

NOR

June Stevenson tutor
Saturday 9-11am
Term 1: 10 March
Term 2: 12 May

WSD GT

Mark Metcalfe tutor
Wednesday 6-7.30pm
Term 1: 29 Feb Term 2: 16 May



Hatha Yoga | Term 1 – 8 weeks/\$124
| Term 2 – 9 weeks/\$140

Yoga harmonises the physical, mental and spiritual aspects of life. Learn techniques for relaxing and de-stressing through simple breathing exercises and physical postures which increase muscle tone and flexibility. **Own mat required.**

Hatha Vinyasa Yoga | 8 weeks/\$124

Vinyasa means “synchronised flowing breath”. This soulful flowing, mindful movement session will guide you to find inner balance and stillness. Start with breath enquiry, move through a flowing sequence of Yoga poses with each movement synchronised by breath, close with relaxation and develop your flexibility. Suitable for everyone – come, breath, move and relax. **Own mat required.**

ChiBall NEW | 6 weeks/\$90

Chi integrates the philosophy of traditional Chinese medicine, colour and aromatherapy with intelligent exercise, meditations and the movements of Tai Chi, Yoga, Pilates and ChiBall Dance. **ChiBall provided. Own mat required.**

Pilates | Term 1 – 8 weeks/\$124
| Term 2 – 9 weeks/\$140

10% discount if enrolled in more than one class.

Classes sold in 8 or 9 week blocks. Ask about the casual rate. Minimum purchase of 4 classes.

Rose offers Pilates classes for the healthy person who wishes to experience a positive, exercise-based way to balance mind and body. Improve your flexibility, posture, muscle strength and balance. **Own mat required.**

Term 1 – 8 weeks/\$124

Term 2 – 9 weeks/\$140

Rosie's physiotherapy background and experience in treating spinal and sports conditions enables her to focus on your personal goals to get results. These are the classes to attend if you have back and body issues. **Own mat required.**

Pilates for Men | Term 1 – 8 weeks/\$124
| Term 2 – 9 weeks/\$140

Build core strength and improve your fitness. Helps to strengthen the abdomen and back, which is a good foundation to build on if you want to participate in any type of sport. **Own mat required.**

Check our website for updates www.parnell.org.nz

Lynn Oram tutor

YOG A Beginners

Wed 9.30-11am

Term 1: 15 Feb Term 2: 2 May

YOG B Continuing

Fri 9.30-11am

Term 1: 10 Feb Term 2: 27 April

YOG C

Angela Gervan tutor

Beginners and Continuing

Thursday 7.30-9pm

Term 1: 16 Feb

Term 2: 3 May

YOG D

Lyn Oram tutor

Wednesday 11.15am-12.15pm

Term 2: 9 May

Rosemary Woodman tutor

Mon 9-10am **PIL A** Beginners

Mon 10-11am **PIL F** Continuing

Thurs 9-10am **PIL G** Beginners

Thurs 10-11am **PIL D** Continuing

Term 1: Week of 13 Feb

Term 2: Week of 30 April

Rosie Wall tutor

Tues 5.45-6.45pm **PIL E** Continuing

Thurs 8-9am **PIL I** Beginners

Term 1: Week of 13 Feb

Term 2: Week of 30 April

PIL M

Rosie Wall tutor

Beginner and Continuing

Monday 7-8pm

Term 1: 13 Feb

Term 2: 30 April