

healthy**mind**&body

Begin to Meditate **NEW** | 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.

Introduction to Tai Chi | 10 weeks/\$55

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 16 years. Participants welcome at any stage of the term.

Nordic Walking | 4 weeks/\$65*

Learn to get fit the Nordic way! Easy to master, this unique form of exercise is 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. Please pre register.

*Pole hire included

MFH

Marian Bond and Helen Bennett tutors

Saturday 9am-12pm

Term 3: 20 Aug

Term 4: 26 Nov

Paul Smith tutor

Sixth Grade Instructor

Monday 6.30-8pm

Saturday 8-10am

Classes all year

TAI

Dr Marcus Henning tutor

Thursday 6-7pm

Term 3: 21 July

Term 4: 6 Oct

NOR

June Stevenson tutor

Saturday 9.30-10.30am

Term 3: 6 Aug

FREE trial 30 July

Term 4: 12 Nov

FREE trial 29 Oct



Hatha Yoga | Term 3 – 10 weeks/\$155
| Term 4 – 7 weeks/\$108

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 | 10 weeks/\$155

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 a relaxation and develop your flexibility. Suitable for everyone – come, breath, move and relax. **Own mat required.**

Pilates | 10 weeks/\$155

10% discount if enrolled in more than one class.

Classes sold in 10 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 3 – 8 weeks/\$124

Term 4 – 10 weeks/\$155

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 NEW | Term 3 – 8 weeks/\$124
| Term 4 – 10 weeks/\$155

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.

Lynn Oram tutor
Wed 10.30am-12pm

YOG A Beginners
Term 3: 3 Aug Term 4: 26 Oct
Fri 9.30-11am

YOG B Continuing
Term 3: 5 Aug Term 4: 28 Oct

YOG C

Angela Gervan tutor
Beginners and Continuing
Thursday 7.30-9pm

Term 3: 21 July
Term 4: 6 Oct

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 3: Week of 18 July
Term 4: Week of 3 Oct

Rosie Wall tutor
Tues 5.45-6.45pm **PIL E** Continuing
Thurs 8-9am **PIL I** Beginners
Term 3: Week of 18 July
Term 4: Week of 3 Oct

PIL M
Rosie Wall tutor
Beginner and Continuing
Monday 7-8pm
Term 3: 18 July
Term 4: 3 Oct

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