

# Yoga & Fitness workout

Workshops for everyone

Sunday 10 November & 8 December

Jaycee Hall, Oxford

Yoga 10am -11am

Fitness workout 11.20am-12.20pm



Get fit for Summer



**Yoga** will help you strengthen and lengthen your muscles as you relax and release tension. The class is a journey through a slow-paced style of yoga with the body postures explained in detail.

The **Fitness workout class** starts with movements to warm up and to bring you into your body. Yoga will open up, balance and strengthen the body, including hips and joints. Pilates will tone the key muscle groups.

Gabrielle will also offer modified options in both classes

**Tuition fee:** \$14 each class or \$26 one day or both Sundays (both classes) \$50

Senior Instructor and Tao Teacher Gabrielle Euteneuer with 30 years teaching experience

Limited space. Booking closes on 30<sup>th</sup> October (for November class) & 27<sup>th</sup> November (for December class)

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