



YogaShine

Schedule and Rates 2019

For more information, updates and articles go to: www.yogashine.co.za

Drop-in class R120

If you see yourself coming **once** per week, pay **R450** for the month

If you see yourself coming **twice** per week, pay **R550** for the month

If you see yourself coming **more than twice** per week, pay **R650** for the month

It is wise to be consistent and build up your practice slowly over time. Yoga is a life-long journey and practice. Your teacher will be your companion on this journey and our studio provides you a friendly setting to practice in.

Please settle at the beginning of the month, either

cash or EFT:

L Lumley

Standard Bank

Branch: Claremont

Branch code: 025 109 00

Account no: 072 509 414 (cheque account)

For questions, queries or to book a private class,

phone Liesel:

(Cell) 082 459 8444

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am-10.45am Advanced Beginner/ Intermediate	Liesel goes to class	9.30am-10.45am Advanced Beginner/ Intermediate		9.30am-10.45am Advanced Beginner/ Intermediate
11am-12.15pm Beginners			11am-12.15pm General Level	
		6pm-7pm Beginners		

"Penetration of our mind is our goal, but in the beginning to set things in motion, there is no substitute for sweat."

BKS Iyengar

"Do your practice and all is coming."

Pattabhi Jois