

# Joy Yoga Centre Class Schedule: Summer 2020

	8:30 am	10:30 am	5:00 pm	6:00 pm
Monday	-	-	-	
Tuesday	Yoga - Gentle	Meditation	Meditation	Yoga - Gentle
Wednesday	Yoga - Prenatal	-	-	TBA
Thursday	Yoga - Gentle	Meditation	Meditation	Yoga - Gentle
Friday	-	-	-	-
Saturday	TBA	-	-	-

- **Gentle Yoga** - 90 minutes slow paced mindfulness-based Hatha Yoga class suitable for absolute beginners to seasoned veterans.
- **Prenatal Yoga** - 90 minutes slow paced mindfulness-based Hatha Yoga class suitable for expectant mothers **(All trimesters & Booking essential)**.
- **Meditation** - 30 minutes and specifically reserved for those who sign up for the **4-week Introduction to meditation course**. **Booking essential!**
- **New students** - please notify Wynand in advance via SMS / WhatsApp if you'd like to attend your first class **(082 562 1892)!**
- **Regular and longstanding students** - please notify Wynand when you won't be able to attend your regular classes.

***“When you recover or discover something that nourishes your soul and brings joy,  
care enough about yourself to make room for it in your life.”***