

Joy Yoga Class Schedule - Summer 2019

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

- **Gentle Yoga** - 90 minutes slow paced mindfulness-based Hatha Yoga class suitable for absolute beginners to seasoned veterans.
- **TTC** - This is an inspiring and empowering training course for the serious student who would like to learn more about classical Raja Yoga.
- **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.”***