



"Everyone wants to be happy, it's that simple. Yoga is about realizing your inherent happiness. It exists in each and every one of us and the path of Yoga provides us with a very practical means to awaken this joy, that is our natural state of being."

Greetings and Welcome

Yoga is a life-affirming science of physical and mental exercises designed to awaken a sense of **peaceful contentment** and **joyful wellbeing** in the practitioner. Yoga is learning to come back to yourself and the present moment. It's about finding your centre, discovering and developing your potential and being able to accept, love and really enjoy who you are ❤️



Yoga means “unity” or “oneness”. On a practical level this means integration of **the body, the mind and the heart**. Yoga also promotes the cultivation of mindfulness, patience, acceptance and other beautiful virtues, but it is important to note that **Yoga is not a religion**, and that it predates all religions. Rather it is a science of positive living that has been used for millennia, and it will give rise to exuberant health and deep happiness to those who incorporate the basic principles into their daily lives (see **“The 5 Points of Yoga”** below).

What can you expect from a typical Yoga class? You will be trained to **breathe** using the most effective and healthy technique to infuse yourself with extra **life-energy** and to calm and clear your mind. Your physical body will be **stretched, toned and strengthened**, and tension will be released from your muscles with the help of postures known as asanas. You will also be trained to develop laser-like **focus and concentration** and you will be introduced to the fundamental aspects of **mindfulness** which will enable you to stay clear, grounded and **relaxed** in everyday life!



Benefits of Yoga Practice

Yes, people often quickly start feeling more energetic, happier and peaceful, and that's because Yoga offers a great number of scientifically verifiable benefits that accrue the longer you practice. Substantial research has been conducted to look at the health benefits of Yoga:



“Yoga is about clearing away whatever is in us that prevents our living in the most full and whole way. With yoga, we become aware of how and where we are restricted, in body, mind, and heart, and how gradually to open and release these blockages. As these blockages are cleared, our energy is freed. We start to feel more harmonious, more at one with ourselves. Our lives begin to flow, or we begin to flow more in our lives.”

The 5 Points of Yoga

Yoga is much more than just stretching or physical exercise, as it provides a time-tested and holistic approach to optimum health and wellbeing. The wisdom of Yoga condensed into 5 principles for physical and psychological well-being include the following:

- **PROPER EXERCISE:** *Our physical body is meant to move, stretch and exercise. If our lifestyle does not provide natural motion of muscles and joints, then disease and great discomfort or pain will ensue with time. Yoga asanas provide exercises that are pleasant and relaxing while being beneficial on the physical and emotional levels!*
- **PROPER BREATHING:** *Most people use only a fraction of their lung capacity for breathing. They breathe shallowly, too fast and suffer from lack of oxygen. Yoga teaches us how to use our lungs to their maximum capacity and how to welcome more of life's amazing healing energy!*
- **PROPER RELAXATION:** *When the body and the mind are constantly overworked, their natural efficiency to perform optimally diminishes. Modern social life, food, work and even the so-called entertainment make it difficult for modern people to relax. Yogis of yore devised very powerful techniques of deep relaxation and rejuvenation.*
- **PROPER DIET:** *It will make no sense if we strengthen and exercise our bodies and then pollute or poison it with unhealthy food! Besides being responsible for building our physical body, the foods we eat profoundly affect our mind. Healthy eating is critically important to attain a high standard of health, vitality, and clarity of mind.*
- **POSITIVE THINKING & MEDITATION:** *It has been scientifically proven that positive thoughts bring positive result to cells, and that meditation brings about a prolonged positive state of mind while rejuvenating body cells and retarding decay. A positive outlook and regular meditation enable us to face the many challenges of life with calmness, patience and inner strength.*

YOGA IS NOT

about being bendy....

It's about showing up to your mat consistently not knowing what is going to happen and being ok with that. It's about rehabilitating yourself and not believing the 'experts' when they say you are too injured or too old. It's about believing that you can do anything even if it's the most scariest impossible thing you could ever dream of. It's about uncovering who you really are. It's about being kind to yourself so that you can then be kind to others. Yoga is about discovering that most of the crazy thoughts in your head are not true. It's about being healthy without pushing yourself to your limit. It's about slowing down to get strong. It's about breathing and moving and smiling on the inside. It's the hardest thing I have ever done, but also the best.

Class Fees - In Person / via Zoom

- **1 Class per week** = R440 pm (Pensioners & Students = R330)
- **2 Classes per week** = R550 pm (Pensioners & Students = R440)
- **3 Classes per week** = R660 pm (Pensioners & Students = R550)
- **Private classes** = R660 per hour + Travel Costs outside JYC

Observation: People who commit to 2 classes per week enjoy more and longer lasting benefits than those who practice less or irregularly!

Yoga Etiquette for Students

The following tips will help ensure that you have a comfortable and safe first-time experience:

- **Dress comfortably!** Loose fitting and comfortable clothes like a tracksuit with a t-shirt are ideal! In summer time a small towel might come in handy, and in winter time, bring a warm, comfortable blanket. Yoga mats are available, but it is preferable that you get your own mat ASAP! No special shoes are required since we practice barefoot or with socks.
- **Come to class on an empty stomach.** Most people find that they need to leave 3 - 4 hours between their meal and class. With time you will discover for yourself what is best.
- **Always arrive at least 10 minutes early** so you have time to relax and settle in before class begins. Also, if you miss the warm-up at the beginning of the class, your risk for injury increases, **and for this reason no late arrivals are allowed!**
- **The key to progress in Yoga is regular practice!** Doing one class every two weeks simply isn't enough! Doing two or more classes per week will ensure you gain significant and longstanding benefits! Prioritize! Be disciplined and don't let your mind make excuses. **Practicing Yoga is an investment in your well-being** that will pay dividends for years to come.
- **Your first week is a preview week, free of charge and you are encouraged to take full advantage thereof.** The purpose of the free first week is to give you the opportunity to come and discover for yourself what Yoga is all about and how it can positively impact and transform your life for the better!

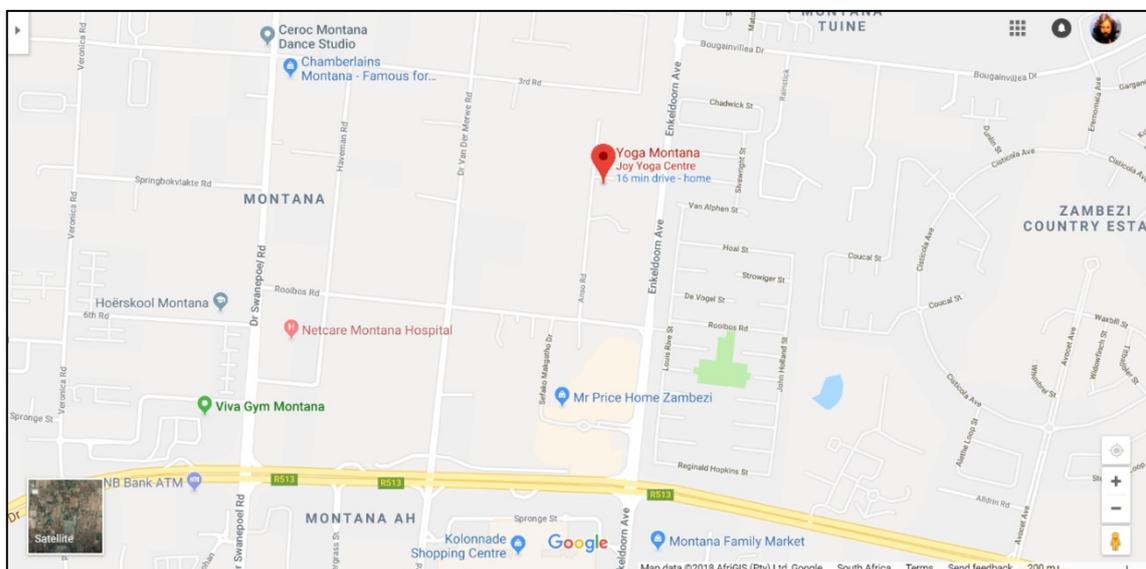
**"True joy is that which gives us more energy
and makes us feel more alive!"**

Please Note

- Membership beyond the first free week necessitates that you sign and honour a **12-month legally binding membership agreement**. After the initial 12-month period, the membership agreement can be cancelled by giving **1 month's written notice and a final payment for 1 full month**.
- **A once off registration fee of R200 will be charged** upon signing the membership agreement. This fee will give you access to a collection of inspiring and potentially life-changing digital videos, guided meditations, and audio programmes related to Yoga and conscious living.
- The abovementioned **fees are always strictly payable in advance**, there are no refunds, and classes are not transferable.
- **Joy Yoga Centre will be closed on public & school holidays** (as indicated in Annexure A), and the membership agreement requires that **full monthly payments should be made without any exceptions**.

Directions

Near Kolonnade Shopping Centre, Joy Yoga Centre, **No 51 Anso St. Montana, Pta.** There are two gates at this premises: look for the second open gate, the Joy Yoga signboard on the wall, a big farm shed and smiling faces.



[Directions to Joy Yoga Centre via Google Maps](#)

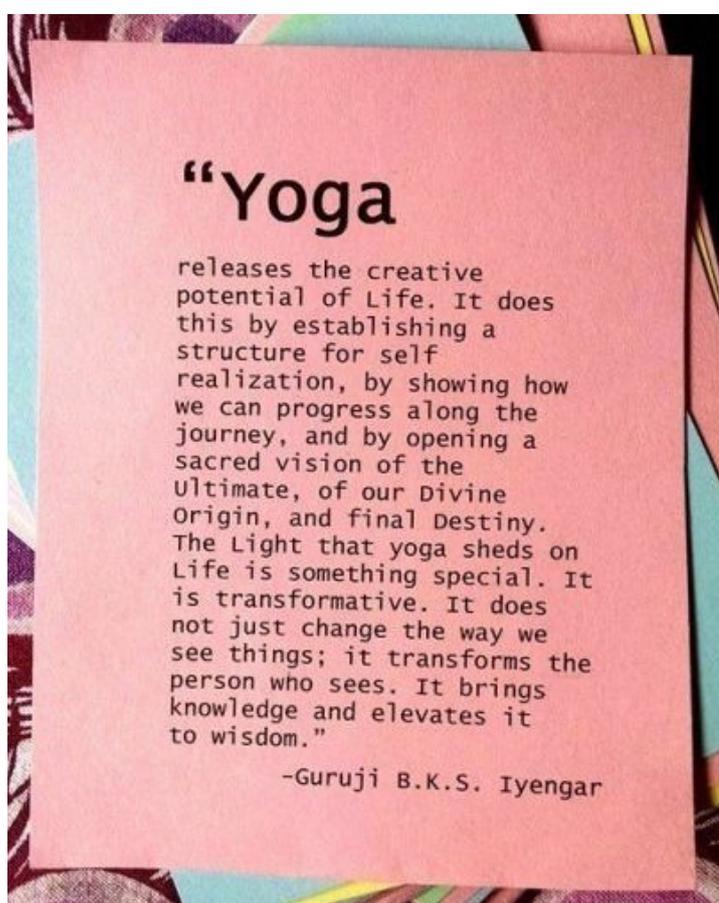
About Joy Yoga Centre

Joy Yoga Centre has been offering authentic Yoga classes since January 2009! We are located on a smallholding in a quiet street and classes are presented in a converted farm shed that is surrounded with a peaceful farm like atmosphere. Here you'll often hear birds singing, chickens clucking, a donkey honking in the distance, and sometimes a few naughty goats having fun nearby. The physical space is neat, clean and provides a safe place for people to come and relax, exercise, connect with themselves and be with **Like-Minded-Kind-Hearted-Healthy-Happy-Positive-Peaceful** people ♥





Don't practice
yoga to get
better at yoga;
practice yoga
to get better at
living.



Your entire life can really change in a year.. you just gotta love yourself enough to know you deserve more, be brave enough to demand more, and be disciplined enough to actually work for more.

YOGA allows you to
rediscover a sense of
wholeness in your life,
where you do not feel
like you are constantly
trying to fit broken
pieces together.

THE GOAL OF YOGA

(No, it's not handstand)

The yoga pose is not the goal.
Becoming flexible or standing on
your hands is not the goal.

The goal is to create space where
you were once stuck. To unveil
layers of protection you've built
around your heart. To appreciate
your body and become aware of the
mind and the noise it creates.
To make peace with who you are.
The goal is to love,... well, you.

Shift your focus and your heart
will grow.

Meet Our Team of Yoga Teachers

All our Yoga Teachers are Yoga Alliance Certified & Internationally Accredited!



Bernice's Yoga approach is about holistic living! For her its about truly learning, understanding, incorporating the art of heartfelt living to be able to enjoy balance and wellness of mind, body & heart. She has committed to her own practice since 2012, and it has been a wonderful journey of self-recovery and developing a deeper appreciation and connection to Life itself! Bernice is a graduate of the 2019 Joy Yoga Centre Teachers Training Course.

Ruzane was introduced to yoga at age sixteen but intensified her commitment and devotion in 2019 by studying and completing her Internationally Accredited RYT-200 teacher training at Joy Yoga Centre under the mentorship of Wynand van der Walt. Ruzane's character enjoys adding a dash of difference while still remaining true to a mindful approach. Her classes are beneficial physically, emotionally and mentally, and she advocates Yoga as a lifestyle practice.



Wynand has been practicing Yoga since 2005 and he has been teaching fulltime professionally after traveling to India in 2008 for formal Yoga training at the world renowned [Sivananda Yoga Vedanta Dhanwantari Ashram](#). Wynand propagates "Joie de Vivre" and emphasises a gentle, mindful and playful approach to Yoga (and life) as an antidote to our frenzied, anxious and overly serious modern lives.

Joy is a decision,
a really brave one,
about how you are
going to respond
to life.

With great enthusiasm we look forward to meeting you and sharing with you the life-changing practice of Yoga. What's more, it's our sincere intention that the time we are going to invest in working, playing and exploring together will contribute to higher levels of awareness, healing, health, happiness, and to an increased ability to live joyfully!

Do you have any questions?

If you have any questions, contact Wynand

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Wynand Van Der Walt
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