

SPCNM PRESENTS

YOGA FLOW

*Gentle Hatha and Yin Practices
to Build and Balance*

BOOK NOW!

MAY 4TH – JUNE 22ND

TUESDAYS, 7:00-8:00PM

South Pacific College of Natural
Medicine

Information and bookings:
catherine.wilson@spcnm.ac.nz

**\$145 for 8 classes
Or \$20 per casual class**

**8-12 Arthur Street, Ellerslie,
Auckland, 1051**

Benefits of a regular Yoga practice:

Calms a busy thinking mind

Allows deep relaxation of the body

Reduces stress and anxiety

Increases circulation

Improves flexibility

Releases fascia tensions and improves the sol-gel
balance

Improves joint mobility

Balances the internal organs

Improves the flow of energy in the body

You will be supported to deeply relax in poses and
can expect to leave the class feeling more relaxed
than when you arrived!

Anupam Mahapatra - unsplash



SPCNM PRESENTS

THE ART OF MINDFULNESS

*Meditations to Revive and
Restore*

HAPPENING NOW!

MARCH 2ND – APRIL 20TH

TUESDAYS, 6:00-7:00PM

South Pacific College of Natural
Medicine


Information and bookings:
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\$145 for 8 classes
Or \$20 per casual class

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Auckland, 1051

Mindfulness is the ability to pay attention to what we are experiencing from moment to moment, without being preoccupied with thoughts about the past, concerns about the future, or getting caught up in opinions about what is going on in the present. Being mindful in everything we do, brings focused, non-judgmental awareness to our daily tasks. It allows us to approach life with interest, curiosity, enthusiasm, and kindness.

Lesly Juarez - unsplash



mindfulness