

SPCNM PRESENTS

# YOGA FLOW

*Gentle Hatha and Yin Practices  
to Build and Balance*

**BOOK NOW!**

MAY 4<sup>TH</sup> – JUNE 22<sup>ND</sup>

TUESDAYS, 7:00-8:00PM

South Pacific College of Natural  
Medicine

Information and bookings:  
[catherine.wilson@spcnm.ac.nz](mailto: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

