



Papakura Yoga Centre

holiday timetable

Holiday hours and dates

DECEMBER 2018

Restorative class to celebrate the Summer Solstice

Sunday 16th Dec - Time: 5:30pm - 7:30pm

Cost: \$30.00 | Includes a light supper

Last day for Yoga classes

Thursday 20th Dec

Times: 9.30am, 6.15pm, 7.35pm - All on as usual

JANUARY 2019

Reopen with all classes

Monday 21st Jan - As per timetable

(please note there will be a class on Sat 26th Jan at 8.30am)

Thanking you for your support and commitment to Yoga.

Keep up the good work with mini yoga movements every day
- A half dog, legs up the wall, calf stretches on your rollers, a squat for any reason, sit on the floor lots of different ways and stand on 1 leg for a min each side.....above all have fun and keep moving!

Wishing you a safe and happy Xmas and New Year.

We look forward to seeing you in Jan 2019 - Juliet, Janene and Jan