IYENGAR YOGA NORTH SHORE

First Class Free

Then

3 Classes

for $30

- Build strength, stamina and flexibility at your pace
- Use breathing to consciously reduce stress levels
- Improved posture and alignment for pain relief
- Boost your energy levels with movement and rest

Celebrating 30 years in Takapuna with a special offer for new students

northshoreyoga.co.nz

Suite 3, (upstairs) 15 Anzac St, Takapuna