



YOGA AWAKENING AFRICA
Learn it · Love it · Live it

Class Times 2017

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Morning		09:00 - 10:15 Gentle Yoga for Backs Nina	9:00 - 10:15 Gentle General Juanita		9:00 - 10:15 Hatha Vinyasa Juanita	9:00 - 16:00 Yoga Teacher Training Classes	9:00 - 10:15 General Piera/Rabia
Evening	17:30 - 18:45 General Sharm	17:30 - 18:45 Gentle Yoga for Backs Nina	17:30 - 18:45 Beginners Nina				
		19:00 - 20:15 General Hatha Juanita	19:00 - 20:15 Gentle General Rabia/Anneke	18:00 - 19:15 General Hatha Juanita			

Fees	Single Class Trial Class	R 85
	1 x Week	R320/month
	2 x Week	R550/month
	3 or more x Week	R640/month
	Private	R380/hour

Parking Notice:

Keeping congestion in Dalmore Rd to a minimum and our neighbours happy, please park:

On our lawn (at a 90 degree angle). This should allow space for 3-4 small cars;

In front of the garages, we should be able to get about 4 cars here. Please park as close to the garage door as possible so that someone can park behind you; and

If there is still no space on our property, please park in Myrtle Rd or further down Dalmore Rd.

Please do not obstruct anyone's entrance.

Please note – no parking on our neighbour's lawn (#12 and #13 Dalmore Rd) at any time!

Many thanks for your understanding.

Please close this door behind you.

Thank You