

Community Schedule

Monday 17 February

Sun Salutations with Mantra *FREE*	Ceremony	7:00AM - 8:15AM	Yoga Shala
Community Dinner *\$8.50*		6:30PM	Prema Café
Dynamic Movement *FREE*	Hugo	7:30PM - 8:30PM	Yoga Shala
Guru Within (meditation insight & practice) *FREE*	Zainab	8:30PM - 9:30PM	Yoga Shala

Tuesday 18 February

Chakras Meditation & Sound Healing *FREE*	Giulia	5:00PM-5:45PM	Yoga Shala
Journey Meditation *FREE*	Keong	6.00PM- 7.15PM	Yoga Shala
Pranic Healing Meditation and Info Talk *FREE*	Pranic Healing NZ	7:30PM - 9:00PM	Yoga Shala

Wednesday 19 February

Yin Yoga *FREE*	Mel	7:00AM-8:00AM	Yoga Shala
Moving Journey *FREE*	Kiara	4:45PM-5:45PM	Yoga Shala
Meditation and Buddhist Discussion Group *KOHA*	Ven. Gyalten Sengye	7:30PM-9:00PM	Yoga Shala

Thursday 20 February

Yantra Yoga - The Tibetan Yoga of Movement *FREE*	Dean	7:00AM-8:15AM	Yoga Shala
Yin Yoga with Live Music	Ceremony	5:00PM - 6:00PM	Yoga Shala
Hatha Yoga Intermediate Course***	Pragyadhara	6:15PM - 7:30PM	Yoga Shala
Contact Improvisation Dance Class *FREE*	emka*	7:45PM - 9:45PM	Yoga Shala

Friday 21 February

Hatha Flow *FREE*	Ajay	6:45AM - 8:00AM	Yoga Shala
Art Yoga-Feel your senses w/ live music *FREE*	Dinny & Giulia	4:20PM - 5:50PM	The Glade

Saturday 22 February

Morning Yoga Flow *KOHA*	Giulia	6:45AM - 8:00AM	Yoga Shala
Classic Hatha Yoga *FREE*	Gillian	8:30AM - 9:30AM	Yoga Shala
Walking Meditation and Relaxation *FREE*	Mel	11:00AM - 12:30AM	Yoga Shala
Mate - Culture of South America *FREE*	Santiago	5:00PM - 5:40PM	The Teepee

Sunday 23 February

Hatha flow *KOHA*	Ajay	8:30AM - 10:00AM	Yoga Shala
Stillness Meditation *FREE*	Chery / Sean	11:00AM - 12:30PM	Yoga Shala
Meditation class *FREE*	Sri Ma Collective	4:00PM - 5:00PM	Yoga Shala
Hatha Yoga *FREE*	Amanda	5.30PM - 6.45PM	Yoga Shala
Breathwork and Sound Healing *FREE*	Max	7:00PM-8:00PM	Yoga Shala

Weekly schedule posted here: <http://kawaiapurapura.co.nz/weekly-classes/> Class prices:

General public \$15 Retreat guests \$10 Residents \$7 Volunteers \$5 *KOHA* means a donation

***General public \$20, Retreat guests staying on site \$15, Residents \$10 casual or discount on whole course block, Volunteers first class \$7 thereafter 25% off on whole course block - for more details please email pureyoganz@gmail.com

All classes are suitable for beginners unless otherwise stated. It is a good idea to practice yoga on an empty stomach.

Please email retreatcoordinator@kawaiapurapura.co.nz with any questions.

Kawai Purapura Retreat Centre, 14 Mills Lane, Albany, Auckland 0632