

Dear yoga and pilates interested clients,

GojiSpa is launching personalised yoga and pilates classes in our studio. In order for us to create a class timetable to suit you, please tick the times and class type that will suit you best. All classes have a maximum of 6 spaces available, so booking will be necessary. Please know that one on one classes can also be arranged.

### **WORKOUT YOGA**

Workout Yoga focuses on physical exercises and positions (Asanas), largely based on Hatha Yoga. Different breathing techniques also play an important role. The aim is to improve the flexibility, strength (especially of the core muscles) and balance of your body. At the same time you will experience calmness, relaxation and stress release on the mental level.

This form of yoga is suitable for all ages. Specific physical problems, such as immobility of certain joints, slouching shoulders, back problems and menstrual problems, often improve through regular yoga practice

Instructor: Martin van der Walt.

Class duration: 75minutes

Cost: R90.00 per class

Times available: Mon 11h15 Wed 16h00 Thurs 09h30 Fri 11h15

### **PILATES**

**The Pilates method gives your body awareness to understand how to make the most of your workout. It re-trains your body so that your movement patterns are correct and your posture is improved. This means that when you exercise, the right muscles are targeted. Pilates teaches you to find and strengthen your deep core muscles then build on that strength to ensure that changes which are made are based on strong foundations – giving you results that last.**

Benefits of doing Pilates:

- Improved Breathing , Proper posture alignment, Strength, Stability, Flexibility, Body Control, Body shape and Tone, Endurance, Mind over Muscle, Stress reduction, trimmed waist and flatter tummy.

Instructor: Kendal Mc Namara

Class duration: 60 minutes

Cost: R90.00

Times available: to be confirmed

One on one remedial Pilates sessions will be available from Debbie Mc Namara – please contact us on 021 9148606 for more details.

### **PARENTS AND KIDS YOGA**

Yoga helps children by enhancing concentration, increasing flexibility and balance, improving general well-being, boosting confidence and relaxing their minds. This class creates a wonderfully positive experience for parents and their children (ages 5 – 10 years)

Instructor: Lisa Burger

Class duration: 45 minutes

Cost: R80.00

Times available: Mon, Wed, Fri @16h00

### **SIVINANDA – HATHA YOGA**

Yoga continues to evolve through the years to meet the needs of every individual - from self-realization to the [Curing of Various Ailments](#). A lot of different Yoga Styles rooted from Hatha Yoga. Sivananda style of Yoga focuses on classic Asanas, and [Relaxation](#). It also centers on [Diet](#) and positive thinking and Meditation. Sivananda Yoga practice consist twelve basic Yoga Poses that seeks to increase strength, flexibility, Proper Breathing, and Meditation.

Instructor: Lisa Burger

Class duration: 45 minutes

Cost: R80.00

Times available: Mon, Wed, Fri @16h00

### **FITBALL**

The core muscle groups are the abdominals, lower back, thighs and hips. These muscle groups provide the foundation for the rest of the body. Fitballs are designed to help improve the core muscle groups by focusing on strength, balance, weight distribution, posture and coordination. By developing these core muscles and learning how balance and posture affect these muscle groups, the user can gain a better understanding of how the human body moves and through this understanding learn how to avoid injury.

Instructor: Lynda Purvis

Class duration: 45 minutes

Cost: R50.00

Times available: Saturdays 09h30/10h00/14h00

## **FREE GOJISPA INTRODUCTORY CLASSES**

(NO CHARGE BUT SPACE IS LIMITED SO PLEASE BOOK VIA EMAIL to [natural@gojispaco.za](mailto:natural@gojispaco.za) or call 021 9148606)

SATURDAY 21 JANUARY 2012 AND 28 JANUARY 2012

Workout Yoga                      09h30 – 10h15

Fitball                                10h30 – 11h30

Yoga                                    14h00 – 15h00

Parents and Kids Yoga    15h15 – 16h00

We look forward to seeing you at GojiSpa.

Regards,

The GojiSpa team