



YOGA RETREAT

With Vanessa Greenwood
Senior Iyengar teacher

PIHA

**CLASSES WILL BE HELD AT
PIHA BARNETT HALL**

Saturday 9th of July

Meditation and pranayama 7.30-8.30am

Yoga practice 9.30am - 12.00pm

Yoga practice 2pm - 3.30 pm

3.30pm - 4pm Pranayama

Cost \$155

Bookings essential

*This retreat involves asana, breath work
and meditation .*

*Online Zoom classes in between the monthly
workshops and retreats are offered, also
privates.*

Equipment supplied.



Contact Vanessa

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Teaching since 1999