

JIVANA YOGA ॐ HEALTH RETREAT

8 Leith Crescent Greymouth phone 03 768-6102 www.jivanaretreat.co.nz

Jivana means (life) and is a non profit organization founded by Sandie Matthews February 14th 2000, then known as "The Yoga Life Skills Centre." For over 3 decades we have been sharing our knowledge and wisdom in the form of all the teachings of Yoga, Ayurveda, and Nature's Cure's with clients and students both nationally and internationally. It is a blessing to share these wisdoms here now.

Term 3 - 8 week courses are May 31st to 21st July

Tues 5-30 to 7pm Wed 5-30 to 7pm Thurs 10 to 11-30am

\$5 off for every student you introduce to a yoga term for up to 3, after 3 your term is ½ price.

Term fees \$89 please ensure fees are paid by Thurs 26th May see us also about payment plans. Direct payments can be made to ASB 12-3168- 0009416-00 include your name and class, or pay at Jivana.

Bring: a drinking bottle and wear stretchy layers of clothing. Ensure your last meal was 2 hours previous. A full spiritual/ health library of books, DVDs, tapes, CDs, and videos, is available to all Jivana students. A free Infrared Sauna info in for each new student, ongoing specials for the sauna phone us for your appointment times. www.jivanaretreat.co.nz

Yoga Massage Spa winter Retreat Kaiteriteri 12th to 14th Aug

Ayurveda (The Science of Self- Healing.)

Come and join a fun learning time together. This first series of Ayurveda is a basic understanding of balancing your body type, (constitution) Ayurveda helps the healthy person to maintain health, and the diseased person to regain health.

When: Saturday June 11th Time: 10am to 4pm

Where: Jivana Yoga Studio Cost: \$45 (Bookings by June 3rd)

Bring: Note book and pen, & pot luck lunch to share

"A balanced attitude nurtures the soul"

When: Wednesday June 1st Time: 10am to 11-30am

Where: Jivana Yoga Studio Bring: Note book and pen Cost: \$89

"The seeds of success are within you"