

# Easy Yoga and Meditation

By Donation Only



This class is led by Dil Transcend, an Indian Yoga Teacher with 15 years of experience.

The class includes very gentle Yoga postures, carefully chosen with all your muscles, joints and chakras in mind, to give you a full body workout. We have a do only as much as you can policy. Some Pranayam (yogic breathing techniques) and activating the Meridians and Meditation. Every class ends with cleansing the Auric Field, balancing the Chakras and Grounding.

Mondays 10 - 11am

Thursdays 10 - 11am

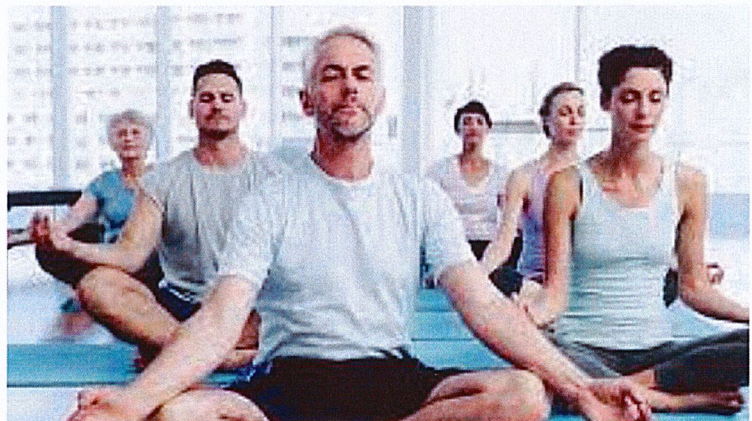
Orewa Community Centre

Tuesdays 10 - 11am

Wainui Community Centre

Fridays 10 - 11am

Whangaparaoa Hall



Contact Dil : 0211 439 679

[www.DilShroff.com](http://www.DilShroff.com)

Facebook: Hibiscus Coast Yoga Pranayam and Meditation