

Hot Yoga

Our core class. The room is heat infused to prevent injury, promote detoxification and enhance a deeper release within the body. Fresh air is circulated and humidity is raised to make conditions ideal for a sequence of 25-30 postures that strengthen bones and muscles—a total body workout! Suitable for the beginner, intermediate or advanced practitioner. 60 to 90 minutes as scheduled.

Hot Happy Hour! - 2 for 1

Bring a friend on Fridays 6:00 - 7:00pm!
(*\$8 first class. All other split entry*)

Yin Yoga

Yin Yoga concentrates on floor postures that stretch connective tissue, the ligaments and fascia that bind bone-to-bone at the joints. Connective tissue does not stretch like muscle and takes more time to improve mobility and strength. For this reason the room is warmed and postures are held for longer periods of time. Uplifting music and soft lighting are often incorporated to further calm the mind and release the spiritual potential this practice offers. Perfect for beginners. Also great for top-notch athletes wanting to protect and strengthen their joints. 60 to 90 minutes as scheduled.

Yin Happy Hour! - 2 for 1

What a great way to start the weekend! Bring a friend for this special 2 or 1 class. Friday afternoons 4:30 - 5:30pm
(*\$8 first class. All other split entry*)

Power Vinyasa (PV)

A vibrant and inspiring practice that leaves you glowing with that “yoga buzz.” Power Vinyasa is a “flow style” class that combines instruction on form, alignment, flow and strength and power and balance. A continuous rhythm of breath awakens and reconnects you to a stronger and stress-free self. The room is moderately heated. All levels welcome. 60 to 75 minutes as scheduled.

Hot Yoga Sampler

Experience a taste of the three major modalities we offer: Hot Yoga, Power Vinyasa and Yin Yoga. Basic breathing techniques, followed by standing postures, a short flow sequence and finally some delicious yin-styled floor stretches. Do what you can. You’ll learn something new each class developing a strong foundation. Room is moderately heated. 75 mins.

KIDS YOGA

AGES 5 - 14 YEARS

TIME: FRIDAYS 3:45 - 4:30pm

TERM II: 10 May - 12 July

Fun yoga sequences, stories and games to help kids find strength, balance and flexibility, as well as increased confidence and connection to their bodies.

COST: \$120/term (10 weeks) or \$15 Casual

DISCOUNT: 2 kids from the same family receive 10% off.



CENTERING AND GROUNDING QIGONG TECHNIQUES with Kerry Castell-Spence

DATE: 13 April

TIME: 1 - 3:30pm

Kerry uses Qigong to help you become aware of the obstacles to being happy and the blockages in your body. This takes you on a journey through your body and into an exploration of the connection between mind and body, and the individual and the universe.

Kerry will teach practical techniques and a simple practice to help you feel your centre and the ground and give you a feeling of when you lose it. This will be introduced by some basic theory common to all Qigong as a context for the practice and its relationship to Yoga.

COST: \$45 (Year member discount applies)

POSTURE CLINIC with Lou Cassella

DATE: 25 May

TIME: 1 - 3:30pm

Explore the dynamics of good alignment in asanas (postures) specific to Hot Yoga. You’ll also practice breathing techniques that enhance the breath / movement sequences. Lou offers students modifications and adjustments best suited for their structure. Prepare to flow with greater insight and strength. You’ll learn something new every time you attend. Room is not hot, just warmed. You will sweat though.



COST: \$55 (Year member discount applies)

YOGA MALA - 108 SUN SALUTATIONS

DATE: 23 June

TIME: 7:30 - 9:30am-ish

Join the Hot Yoga teachers as we move our bodies and awaken our hearts with 108 rounds of modified Sun Salutations starting at the crack of dawn, each round is dedicated to an intention that has been gathered in advance by the yoga community. The Yoga Mala ends with a deep, meditative 15-minute Savasana. Participants often leave with a sense of great accomplishment and spiritual renewal.



COST: \$20 / \$15 year members

THE 40-DAY CHALLENGE

DATES: 19 August - 27 September

How it Works: Complete 5 classes a week with a 5-minute quiet meditation each session for 40 days. (Or 30 sessions in 40 days, whichever comes first.) A daily green smoothie is recommended.

The Reward: Hot Yogis who complete The 40-Day Challenge receive a voucher for a week of unlimited hot yoga at no charge, or the same in extension to their current year membership or package

COST: no extra charge, just your classes



HOT YOGA

AUCKLAND

BRAND NEW BEGINNERS COURSE



REGISTRATION GOING ON NOW!

Prepare for a life-changing fortnight as you progress through this 4-class course easing your way to new health - body, mind and spirit. You’ll learn basic breathing techniques, followed by standing series poses and finally floor poses. The heat is gradually increased over the 2 weeks. **Choose from four course dates...**

COURSE: 11 - 21 Mar / 8 - 18 Apr / 13 - 23 May / 10 - 20 Jun

TIME: Mondays & Thursdays from 8:15 - 9:15pm

COST: \$85 Includes a high-quality mat to keep!

Get Going! Get Inspired!

489 Khyber Pass Road, Newmarket, Auckland

Phone: 09 529 0999 | Email: hotyogauckland@gmail.com

www.hotyogauckland.co.nz

PRICES

1 Year Unlimited Membership **\$110 mth***

***paid per month by auto debit**
First and last payment required upfront

Includes: 10% off retail and massage, 20% off private lessons, 2 one-class guest passes, 10% off workshops (excludes training) and free access to Hot Yoga of NZ - Wellington.

Special Offer Make a one-time payment of \$1320 for your year membership and receive one bonus month free!

3 Month Unlimited Package **\$365**

Special Offer

Normally \$385

Includes: 1 one-class guest pass and 10% off private lessons.

Student or Senior \$345 Normally \$365

1 Month Unlimited **\$160**

Student or Senior \$140

Valid for 31 days

10 Card **\$150**

Saves \$50 compared to casuals!

Student or Senior \$120

Valid for 3 months

Casual Class **\$20**

Student or Senior \$16

(Valid ID, YHA or over 65.)

First Class **\$8**

Special Offer

Karma Counts! Please choose membership, package or card with commitment to the stated time frame. Membership, cards and packages are non-transferable, and are not able to be extended or cancelled. Namaste.

PRIVATE LESSON PACKAGES

5 Private Lessons **\$440**

Special Offer Special Member Rate **\$395**

10 Private Lessons **\$870**

Special Offer Special Member Rate **\$795**

Member discount does not apply to special rate.

Pay as You Go

Private \$90 per 60 mins **Semi-Private \$125** per 60 mins

Mat Hire \$2 | Towel Hire \$4 | Water \$4

CUSTOMIZED GROUP EVENT

Let Us Host Your Team Event: A Hot Yoga Class

Wow them with a specially packaged 1-hour class! You and your team mates will bond over a sweaty good time here at the studio. Mat and Towel Rental Included. Minimum 10 people.

As enjoyed by Telecom, NZIS and many other business & sports teams!

SPECIAL RATE: \$15 each. 60 mins. Enquire at the front desk.

SCHEDULE



Why is the room heated?

The room is heated to prevent injury, warm the muscles, and allow for a deeper release within the body. Sweat is good! Toxins and poisons are flushed out of your body through each practice. Fresh air is always circulating and humidity is raised for ideal "hot" yoga conditioning.

Breathe. Slow down. Come into the Now.

Your practice begins the moment you walk in the door. Please arrive 20 minutes before class starts. Hydrate well. All levels welcome.

DAILY CLASSES							March/April/May						
Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM	AM Hot Express 6:30**	AM PV Express 6:30**	AM	AM PV Express 6:30**	AM Hot Yoga Sampler 8:30*	AM							
PV 9:30*		Yin 9:30		Hot Yoga Sampler 9:30*	PV 10:30*	Hot Yoga Sampler 10:30*							
PM	PM PV Express 12:00**	PM	PM Hot Express 12:00**	PM	PM	PM							
Hot Express 4:30**	Yin Hour 4:30**		Hot Yoga Sampler 4:30*	Yin Happy Hour 4:30** 2 for 1	Hot 4:30	Yin 4:30 Candlelight							
Hot Yoga Sampler 6:30*	Hot Express 6:00**	PV 6:30*	Yin 6:30	Hot 6:00** Happy Hour 2 for 1		Yin Hour 6:30** Candlelight							
		Yin Hour 8:00**											

All classes 90 mins unless noted. * 75 mins ** 60 mins
New students please arrive 20 mins early to register.

PV = Power Vinyasa

Please check website for Holiday Schedule and more Special Events

www.hotyogaauckland.co.nz
09 529 0999

MASSAGE THERAPY

GREAT RATES! GIFT VOUCHERS AVAILABLE

DEEP TISSUE & ENERGY WORK FACIAL RADIANCE



STANDARD RATES

\$50 - 1/2 hour / \$90 - 1 hour / \$120 - 1 1/2 hours

For speciality bodywork please see: www.hotyogaauckland.co.nz

Book in at the front desk or call 09 529 0999
Member 10% discount applies – Enjoy!

HOT YOGA WELLNESS PACKAGE GET GOING! GET INSPIRED!



- Any three yoga classes in two consecutive weeks
- 60-minute massage in our beautiful Massage Room

Experience just how good hot yoga and massage can make you feel in just two weeks.

Great for travelers and first time practitioners, or makes a wonderful gift

Special Offer Only **\$99**

One package per yogi please.
Slight surcharges apply to Speciality Bodywork.