



**CLASS BOOKINGS**

Nia with Kim 083 657 3377

Yoga with Susan 083 306 3852

Aikido with Matthew 079 258 4384

**AUGUST 2024**

**Sign up for OUR DEBIT ORDER  
R1,000 per month**

**CLASS PRICES**

**Drop-in Nia: R150**

**Monthly Nia: R1,200**

**Drop-in Yoga: R130**

**Drop-in Aikido: R150**

**Drop-in Moving to Heal: chat to Kim**

Kim: 083 657 3377

Susan: 011 325 5345

Studio: 068 581 9495

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**Join Susan for a New to Nia Workshop: Learn the Base moves on Saturday 3 August from 14:30 to 16:30 (R250 per person). Contact Susan on info@niagp.co.za**

**Join us for a WOMEN'S DAY JAM ON FRIDAY 9 AUGUST at 09:00 ★ Stay for champagne afterwards ★ R130 per person (not included in the monthly fee)**

**Join Susan and Zanri for Nia and Yoga for Kids on Monday 12 and Tuesday 13 August from 10:00 to 13:00. Contact Susan on info@niagp.co.za**

**Join Roxy for a Mums and Babes Nia class on Tuesday 13 and 20 August from 09:45 to 10:30**

Monday 29 July	Tuesday 30 July	Wednesday 31 July	Thursday 1 August	Friday 2 August	Saturday 3 August	Sunday 4 August
08h00 Nia with Anni	<b>08h00 Nia with Susan</b> <b>Join Susan after class to celebrate her birthday</b>	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Avril)	07h30 Aikido with Sensei Darko <b>08h30 Art of Sensation training</b> 09h00 Vinyasa Yoga with Manya (in the blue room) 10h30 Nia with Susan <b>14h30 New to Nia workshop with Susan (R250pp)</b> 16h30	08h00 Yoga with Manya 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan 18h00 Nia with Isa	18h00 Nia with Avril 19h00 Aikido with Sensei Darko	17h30 Nia with Aurora		16h00 Vinyasa Yoga with Manya		
Monday 5 August	Tuesday 6 August	Wednesday 7 August	Thursday 8 August	Friday 9 August	Saturday 10 August	Sunday 11 August
08h00 Nia with Anni	08h00 Nia with Susan	08h00 Nia with Anni 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Susan 09h00 Nia with Susan 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	<b>09h00 Women's Day Jam with Susan and others</b> <b>Stay after for champagne</b>	07h30 Aikido with Sensei Darko <b>08h30 Art of Sensation training</b> 09h00 Vinyasa Yoga with Manya (in the blue room) 10h30 Nia with Susan	08h00 Yoga with Susan 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan 18h00 Nia with Isa	18h00 Nia with Angel 19h00 Aikido with Sensei Darko	17h30 Nia with Aurora		16h00 Vinyasa Yoga with Manya		
Monday 12 August	Tuesday 13 August	Wednesday 14 August	Thursday 15 August	Friday 16 August	Saturday 17 August	Sunday 18 August
08h00 Nia with Anni	08h00 Nia with Susan	08h00 Nia with Anni 09h15 Nia Moving to Heal (Susan)	08h00 Yin Yoga with Susan 09h00 Nia with Susan 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Susan)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya (in the blue room) 10h30 Nia with Susan	08h00 Yoga with Manya 08h00 Nia with Aurora
<b>10h00 to 13h00 NIA AND YOGA FOR KIDS HOLIDAY PROGRAMME</b>	<b>10h00 NIA AND YOGA FOR KIDS HOLIDAY PROGRAMME</b>			16h00 Vinyasa Yoga with Manya		
16h45 Hatha Yoga with Susan 18h00 Nia with Isa	18h00 Nia with Angel 19h00 Aikido with Sensei Darko	17h30 Nia with Aurora				
Monday 19 August	Tuesday 20 August	Wednesday 21 August	Thursday 22 August	Friday 23 August	Saturday 24 August	Sunday 25 August
08h00 Nia with Angel	08h00 Nia with Susan <b>09h45 Mums and Babes Nia with Roxy</b>	08h00 Nia with Roxy 09h15 Nia Moving to Heal (Isa)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia 17h30 Nia with Angel 17h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Susan 09h15 Nia Moving to Heal (Roxy)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya (in the blue room) 10h30 Nia with Susan	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan 18h00 Nia with Isa	18h00 Nia with Claudia 19h00 Aikido with Sensei Darko	17h30 Nia with Aurora		<b>16h00 to 17h30 Ashtanga Yoga event with Susan/Claudia (meditation/tea)</b>		
Monday 26 August	Tuesday 27 August	Wednesday 28 August	Thursday 29 August	Friday 30 August	Saturday 31 August	Sunday 1 September
08h00 Nia with Anni	08h00 Nia with Susan <b>09h45 Mums and Babes Nia with Roxy</b>	08h00 Nia with Anni 09h15 Nia Moving to Heal (Roxy)	08h00 Yin Yoga with Claudia 09h00 Nia with Claudia 17h30 Nia with Claudia 17h30 Nia Moving to Heal with Jule (Zoom) 19h00 Aikido with Sensei Darko	08h00 Nia with Aurora 09h15 Nia Moving to Heal (Avril)	07h30 Aikido with Sensei Darko 09h00 Vinyasa Yoga with Manya (in the blue room) 10h30 Nia with Aurora	08h00 Ashtanga Yoga with Claudia 08h00 Nia with Aurora
16h45 Hatha Yoga with Susan 18h00 Nia with Isa	18h00 Nia with Avril 19h00 Aikido with Sensei Darko	17h30 Nia with Aurora		<b>ART OF SENSATION TRAINING STARTS IN HERMANUS</b>		
				16h00 Vinyasa Yoga with Claudia		