

# Yoga Move, Breathe, Rest



**START DATE:**

Thursday 6 May 2021  
Each Thursday for 10 Weeks

**TIME:**

1:00 pm - 2:00 pm

**FACILITATOR:**

Sheryl Simpson - Yoga Teacher &  
Registered Exercise Professional

**COST:**

\$7 per Session

**VENUE:**

Central King Country REAP  
115 Hakiha Street  
Taumarunui

Come in to REAP for a weekly Yoga class, and you will reap the benefits of positive movement, mindful breathing and deep rest.

Yoga mats provided, wear comfortable clothes, and enjoy some time out!

To enrol in this course or to ask for more details please contact REAP at:  
07 896 8680      115 Hakiha Street, Taumarunui      reception@ckcreap.org.nz  
Please note NZ Citizens: ID must be shown before any course.  
NZ Birth Certificate, NZ Drivers Licence, Passport



Receive world class exercise advice

**Bookings are essential. Please go to our website [www.ckcreap.org.nz](http://www.ckcreap.org.nz) or visit us!**

These workshops will be popular, we advise booking early to avoid disappointment.  
07 896 8680 / reception@ckcreap.org.nz / 115 Hakiha Street, Taumarunui



Central King Country REAP  
Te Manu Korero O Nga Matauranga



## C.K.C REAP Enrolment Policy

1. A person is not enrolled in an activity until they have paid the enrolment fee.
2. Places in an activity are confirmed on a first come, first paid basis.
3. When an activity is full a reserve list will be started and if there is a vacancy the people on the reserve list will be offered a place in order of their position on the reserve list.
4. NZ Citizens must show ID before taking part in the activity (i.e. Birth Certificate, New Zealand Drivers Licence, Passport).

### Reimbursement of Enrolment Fees

If a Person has to withdraw:

- A. between two weeks and four days before the start of the activity – half of the enrolment fee may be repaid.
- B. Within four days of the start of the activity, or after the activity - no refund will be made.
- c. Within four days of the start of the activity, or after the activity – no refund will be made.

### Cancellation or Postponement

The enrolled people will be contacted as soon as possible after the cancellation has been made and offered either a Transfer of their enrolment fee to a later programme or a full refund