

# Joy Yoga Centre:

Class Schedule Winter 2023

	9:00 am	6:00 pm
Monday	Private / Corporate	Private / Corporate
Tuesday	Joy Yoga!	Joy Yoga!
Wednesday	Private / Corporate	Private / Corporate
Thursday	Joy Yoga!	Joy Yoga!
Friday	Private / Corporate	-
Saturday	-	-

- **Joy Yoga!** - 90 minutes mindfulness-based Hatha Yoga classes suitable for absolute beginners to seasoned veterans, in person + online via Zoom App.
- **Private / Corporate Yoga** - Yoga tailored to your specific needs and in the privacy of your own home, office or at JYC. **Booking essential!**

**New students - please notify Yogi Wynand = 082 562 1892 in advance via WhatsApp if you'd like to attend your first class.**

**Please note:** The number of people will be limited to 20 per class (this will be done on a first-come, first-serve basis and will serve as a wonderful incentive to arrive early). As a viable alternative to the live in-person classes, we simultaneously record and broadcast the Yoga classes via the Zoom platform. These recorded sessions can be made available upon request, if maybe you aren't able to join the live class / broadcast for whatever reason, so you can download / stream the class and practice in the comfort of your own home at a more suitable time. Please confirm with Wynand if you'd like to receive the relevant Zoom log-in details via WhatsApp!



**To be able to attend live, in-person classes you will have to:**

- ✓ *Bring your own Yoga mat, fresh clean water in your own water bottle, and maybe a small sweat towel if the weather is hot.*
- ✓ *Bring warm clothes, a blanket and socks if it's cool, as the doors will be left open for proper ventilation.*
- ✓ *Wipe your own mat and any other of your own gear after each class (with your own sanitizing products).*

**You will only be allowed to attend live, in-person classes if...**

- ✓ *You have shown no signs of the following symptoms: sore throat, fever, cough, shortness of breath, excessive tiredness, runny nose, nasal congestion and loss of senses like smell and taste, or any other symptoms that are indicative of potential infectious illness.*

**With the above securely in place, we implore all students to still exercise extreme caution if feeling even slightly unwell, and rather practice safely online with us should you suspect any ill health of any kind. It is for the safety of others that we get to put into practice the Yogic principles of Ahimsa (non-violence) and Satya (truthfulness) in a new and important way going forward.**

***Thank you for Being Compassionate, Considerate and Patient!***

***"You have power over your mind - not outside events.***

***Realise this and you will find inner strength."***

*Marcus Aurelius*