



Wellington Yoga Centre hosts another
YOGA WORKSHOP with
LOUISA POTTER from kerikeri

Louisa Potter is an Iyengar teacher with over 20 years of teaching experience. She has been to India to train with BKS Iyengar or his daughter six times. Louisa is coming to Wellington!

Saturday 14th September
Sunday 15th September

Saturday morning – standing poses

Saturday afternoon – inversions

Sunday morning – backbends

Sunday afternoon - restorative

\$130 full weekend (four sessions)

Sat or Sun morn only: \$45

All Saturday: \$75

All Sunday: \$70

Saturday 9.30-12.30 2.30-5.00

Sunday 9.00-11.30 1.30-4.00

Where: 1A Kensington St, Te Aro, Central Wellington. Find map here

www.wellingtonyogacentre.co.nz

Register and enquiries at:

wellingtonyogacentre@gmail.com

or (04) 387 1107

