



*Joy Yoga Centre*

**STRONGER - HEALTHIER - HAPPIER**

# *Greetings and Welcome*

Yoga is a life-affirming science of physical and mental exercises designed to awaken a sense of **Peaceful Contentment** and **Joyful Wellbeing** in the practitioner. Yoga is learning to come back to yourself and the present moment. It's about finding your centre, discovering and developing your potential and being able to accept, love and enjoy who you are ❤️

Yoga means “unity” or “oneness”. On a practical level this means integration of **the body, the mind and the heart**. Yoga also promotes the cultivation of mindfulness, patience, acceptance and other similar virtues, but it is important to note that **Yoga is not a religion**, and that it predates all modern religions. Yoga is a science of positive living that has been used for millennia, and it will improve health and wellbeing in those who incorporate the basic principles into their daily lives (see **“The 5 Points of Yoga”** below).



What can you expect from a typical Yoga class? You will be trained to **breathe properly** using the most effective and healthy technique to infuse yourself with extra life-energy and to calm and clear your mind. Your physical body will be **stretched, toned and strengthened**, and tension will be released from your muscles with the help of postures known as asanas. You will also develop better **focus and concentration** and you will be introduced to the fundamental aspects of mindfulness which will enable you to stay clear, grounded and relaxed in everyday life!

# Benefits of Yoga Practice

Yoga offers a great number of scientifically verifiable benefits that accrue the longer you practice. Substantial research has been conducted to look at the health benefits of Yoga:



***"In asana practice we learn to cherish each breath, to cherish every cell in our bodies. The time we spend on the mat is love in action."***



# *The 5 Points of Yoga*

Yoga provides a time-tested and holistic approach to optimum health and wellbeing. The wisdom of Yoga condensed into 5 principles for physical and psychological well-being include the following:

- **PROPER EXERCISE:** *Our physical body is meant to move, stretch and exercise. If our lifestyle does not provide natural motion of muscles and joints, then disease and great discomfort will ensue with time. Yoga asanas provide exercises that are pleasant and relaxing while being beneficial on the physical and emotional levels!*
- **PROPER BREATHING:** *Most people use only a fraction of their lung capacity for breathing. They breathe shallowly, too fast and suffer from lack of oxygen. Yoga teaches us how to use our lungs to their maximum capacity.*
- **PROPER RELAXATION:** *When the body and the mind are constantly overworked, their natural efficiency to perform optimally diminishes. Modern social life, food, work and even the so-called entertainment make it difficult for modern people to relax. Yogis of yore devised very powerful techniques of deep relaxation and rejuvenation.*
- **PROPER DIET:** *It will make no sense if we strengthen and exercise our bodies and then pollute or poison it with unhealthy food! Besides being responsible for building our physical body, the foods we eat profoundly affect our mind. Healthy eating is critically important to attain a high standard of health, vitality, and clarity of mind.*
- **POSITIVE THINKING & MEDITATION:** *It has been scientifically proven that positive thoughts bring positive result to cells, and that meditation brings about a prolonged positive state of mind while rejuvenating body cells and delaying decay. A positive outlook and regular meditation enable us to face the many challenges of life with calmness, kindness, and inner strength.*

# Membership Options and Fees:

## **3-Month Membership - In Person / Online via Zoom - 2025:**

- 1 Class per week = R660 per month
- 2 Classes per week = R770 per month

## **6-Month Membership - In Person / Online via Zoom - 2025:**

- 1 Class per week = R550 per month
- 2 Classes per week = R660 per month

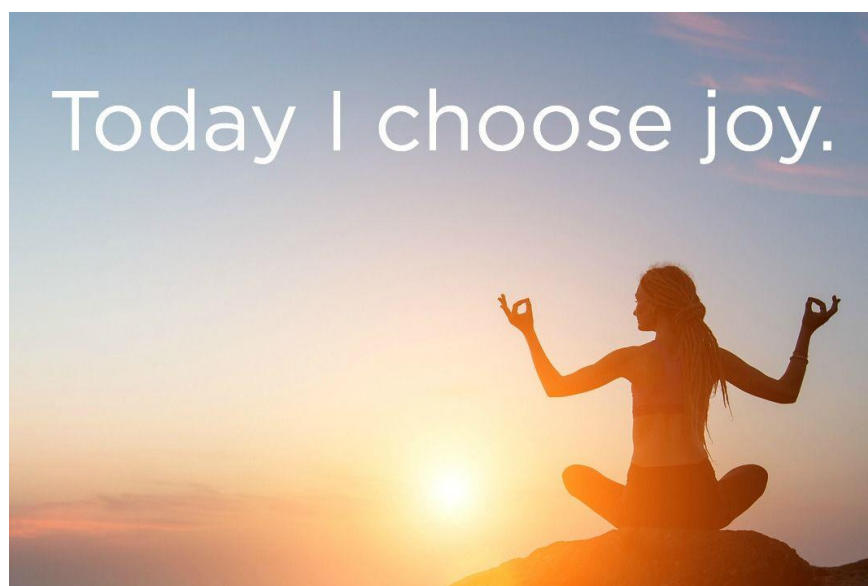
## **12-Month Membership - In Person / Online via Zoom - 2025:**

- 1 Class per week = R440 per month
- 2 Classes per week = R550 per month

## **Private / Therapeutic / Corporate Groups - In Person / Online**

- 1 to 4 People = R770 per hour

*Observation: People who commit to 2 classes per week enjoy more and longer lasting benefits than those who practice less or irregularly!*



# *Yoga Etiquette for Students*

The following tips will help ensure that you have a comfortable and safe first-time experience:

- **Dress comfortably!** Loose fitting and comfortable clothes are ideal! In summer time a small towel might come in handy, and in winter time, bring a warm, comfortable blanket. Yoga mats are available, but it is preferable that you get your own mat ASAP! No special shoes are required since we practice barefoot or with socks.
- **Come to class on an empty stomach.** Most people find that they need to leave 3 - 4 hours between their meal and class. With time you will discover for yourself what is best.
- **Always arrive at least 10 minutes early** so you have time to relax and settle in before class begins. Also, if you miss the warm-up at the beginning of the class, your risk for injury increases, **and for this reason no late arrivals are allowed!**
- **The key to progress in Yoga is regular practice!** Consistency and regularity will ensure you gain significant and longstanding benefits! Prioritize! Develop self-discipline! Practicing Yoga is an investment in your well-being that will pay dividends for years to come.
- **Your first week is a preview week, free of charge.** The purpose of the free first week is to give you the opportunity to come and discover for yourself what Yoga is all about and how it can positively impact and transform your Life and health for the better!

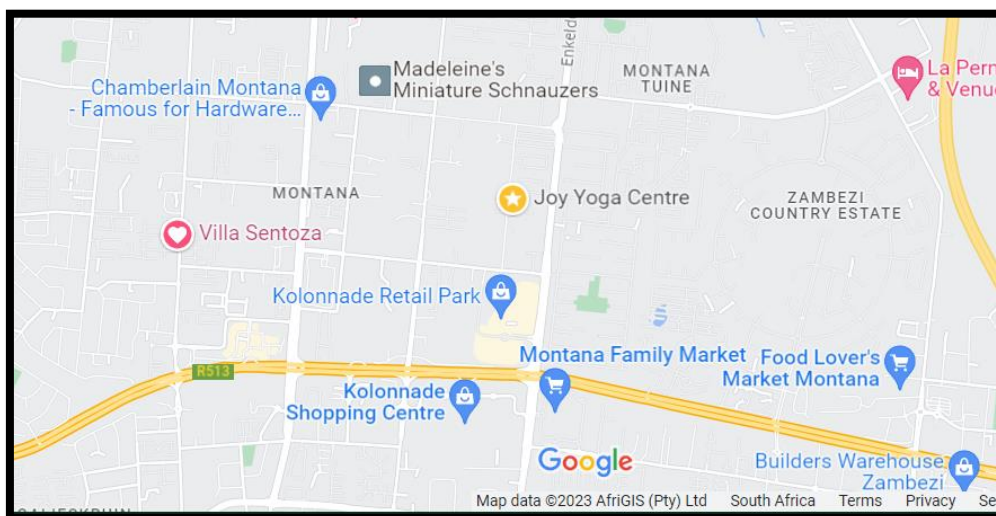
**"True joy is that which gives us more energy  
and makes us feel more alive!"**

# Please Note

- Membership beyond the first free week requires that you sign up for **a 3 / 6 / 12-month legally binding membership agreement. A once off registration fee of R200 will also be charged upon joining.**
- The abovementioned **fees are always strictly payable in advance**, there are no refunds, and classes are not transferable.
- **Joy Yoga Centre will be closed on public & school holidays** (as indicated in Annexure A), and the membership agreement requires that full monthly payments should be made without any exceptions.

# Directions

Joy Yoga Centre, **No. 51 Anso St. Montana, Pta**, near Kolonnade Shopping Centre. Look for the second open gate, the Joy Yoga signboard on the wall, a big farm shed and smiling, happy faces.



[Click for Directions to Joy Yoga Centre via Google Maps](#)



# *About Joy Yoga Centre*



*Joy Yoga was created to show people that Rejuvenating Peace and Radiant Joy is possible, that Yoga is accessible, and that we can grow **Stronger, Healthier, and Happier** if we make a commitment and put into practice what we know to be good, true, and beautiful. We are here to help you discover or uncover your innate resilience, wisdom, and kind-heartedness, with all the fun, simplicity, knowledge, and support that you need! It's never too late to begin! Better health is possible! Peace is possible! Joy is Possible!*



# Meet Our Team of Yoga Teachers

All our Yoga Teachers are Yoga Alliance Certified & Internationally Accredited.



**Bernice Lemmer** - Professional Artist and Yogini since 2012. For her Yoga is about holistic living! It's about learning, understanding, and incorporating the basic elements and timeless teachings into a heartfelt life, so that we can enjoy balance and wellness of mind, body & heart. Bernice is a graduate of the 2019 Joy Yoga Centre Teachers Training Course, and her classes tend to be Uplifting, Light-hearted and Creative.

**Wynand Van Der Walt** - Yogi since 2005 and Professional Yoga Teacher since 2008, received formal Yoga training at the world renowned [Sivananda Yoga Vedanta Dhanwantari Ashram](#) in India. Wynand propagates "Joie de Vivre" and emphasises a gentle, mindful and playful approach to Yoga (and life) as an antidote to our frenzied, anxious and overly serious modern lives.



Yoga has touched our lives profoundly, and it's our sincere wish that you will join our Yoga community, that you will become **Stronger, Healthier, and Happier** every time you come to class and step on the Yoga mat. We look forward to meeting you and sharing the Joy of Yoga with you. Namaste!