



Active Zen offers a range of Yoga classes focusing on different aspects of fitness and flexibility to balance both your mind and body.

Perfect for all ages and levels of experience, Active Zen Yoga will help you feel more energised, increase your mobility, improve your core strength and fitness, or just to feel a sense of calmness and wellbeing to help you sleep through the night.

Namaste.

Breathe • Believe • Receive

Located at MainPower Stadium, 289 Coldstream Road, Rangiora

Ph: 021 338 987

E: activezenstudio@gmail.com

Facebook: [@ActiveZenStudio](https://www.facebook.com/ActiveZenStudio)

Instagram: [ActiveZenStudio](https://www.instagram.com/ActiveZenStudio)

Youtube: [Jaine Lock](https://www.youtube.com/channel/UC...)

Active Zen Yoga Class Timetable

Monday 11:30am - Yoga & Pilates Fusion

Monday 6:00pm - Mobilise Yoga

Tuesday 6:00am - Active Sunrise Yoga

Thursday 6:00pm - Restorative Yoga

Friday 9:30am - Yoffee (Yoga & Coffee)

Saturday 8:00am - Mobilise Yoga

Active Zen Yoga Class Prices

\$20 per class

\$180 Concession Card (10 classes)

\$300 Concession Card (20 classes)

