

CORE CONCEPTS

balance. simple but significant.

YOGA JOINS THE TIMETABLE IN STELLENBOSCH

YOGA

STELLENBOSCH CENTRAL

FROM MONDAY 14 SEPTEMBER



Breath, strength and stillness — now at Stellenbosch Central. Vinyasa and Power Yoga classes led by qualified teachers. Mats provided, every level welcome.

YOGA RATES

R200

DROP IN
valid for 1 session

R850

5 YOGA CLASSES
valid for 2 months

R1 500

10 YOGA CLASSES
valid for 3 months

STUDENT RATES · R160 drop in · R700 for 5 classes · R1 200 for 10 classes



Scan to open the **Octiv App**
and book your first yoga
class

Vinyasa · Power Yoga

CLASSES MONDAY TO SUNDAY

Stellenbosch Central only — other studios to follow

Buy a Yoga package on your Octiv App and book straight into any yoga class.

You can also book your yoga class through Vitality Fitness — get up to 8 workouts at no cost.

Contact us:

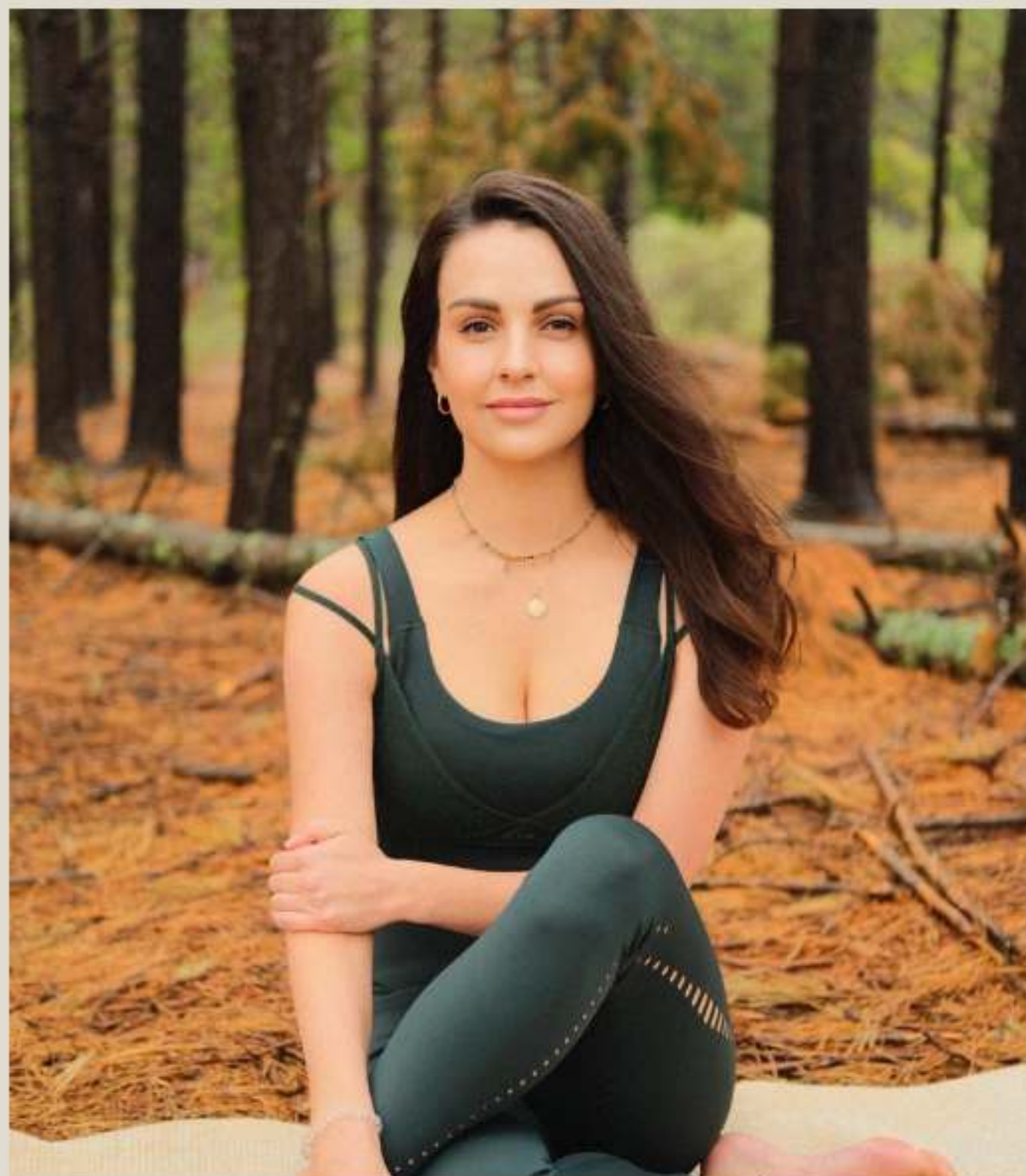
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YOUR YOGA TEACHERS



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