

Health & Fitness



89) One month at Tiaki plus a Yoga Deck to take home

At Tiaki, the focus is to ensure people receive the ultimate in terms of injury prevention and rehabilitation as well as improved performance. Enjoy **one month unlimited yoga and pilates**. Value \$237.

Additionally, Yoga With Me has donated a **yoga deck** with instructional cards detailing yoga poses and sequences for you to try at home. Value \$50.

Tiaki voucher expires 11/9/2018.

<http://tiaki.net.nz/>

<http://www.yogawithme.co.nz/>

Total value \$287



90) Not one but two vouchers from City Osteopaths!

Suffering from pain or injury? Tired or stressed? Want to feel optimally well? We can help you back to health!

City Osteopaths Healthcare provides excellence in Osteopathy, Cranial Osteopathy, Acupuncture, Traditional Chinese Medicine, Massage therapy, Naturopathy, Nutrition, Herbal Medicine, Hyperbaric, Alexander Technique and Voice therapy.

We have **two \$50 vouchers** to give away.

Expires: 01/05/18

www.cityosteopaths.co.nz

Value \$50 each. Top two bids will win.



health • fitness • rehabilitation






91) Don't just join a gym ... create a habit

Habit Gym have kindly donated a **3 month gold membership** with full access to all Habit Wellington clubs including:

- all group training classes
- a one hour induction with a personal trainer, plus
- a second follow up session.

Membership must be activated by 31/05/18.

<http://www.habit.co.nz/>

	<p>Value over \$550</p>
	<p>92) QiGong Workshop – Come and try it with a friend!</p> <p>Qigong is a 5,000 year old ancient Chinese health care system. Pilates Synergy has given Seatoun school a voucher for a QiGong Workshop for two people. So you have the chance to try this with a friend.</p> <p>Expires March 2019. http://www.qigong-synergy.co.nz/</p> <p>Value \$100</p>
 <p>Harmony for Body, Mind and Soul</p>	<p>93) Yoga in Daily Life</p> <p>Yoga in Daily Life offers a holistic system for body, mind and soul. Pick up one of three vouchers offering ten trips, kindly donated to our fundraising gala.</p> <p>Expires 4 months from first use. https://www.yogaindailylife.org.nz/</p> <p>Value \$140 each. Top three bids will win.</p>
	<p>94) Membership Package with Pure Tough</p> <p>Get yourself in seriously good shape with a three month gym membership to Miramar's eco gym Pure Tough. Includes a free personal training session and programme.</p> <p>No expiry https://puretough.co.nz</p> <p>Value \$295</p>
 	<p>95) Beginners Hot Yoga Package for Two - Bring a friend...</p> <p>It can be overwhelming to know where to start when new to yoga. Why not give this Hot Yoga beginners' course a go?</p> <p>Perfect for people of all abilities - you will be welcomed into a warm contemporary space, to learn the basic technique, supported by qualified instructors. Best of all you get to bring a friend! Course is two sessions of two hours (4 hours total).</p> <p>Expiry 31/8/2018. http://hotyogawellington.co.nz/</p> <p>Value \$158</p>

LES MILLS



96) Les Mills Extreme - Fitness is Fun!

With a funky industrial vibe, motivating energetic environment and a host of functional training spaces - Les Mills will help you fall in love with fitness all over again with this **3 month membership**. Group classes focus on providing fun workouts to upbeat chart-topping music - with everything from dance, to body toning, weights, yoga, boxing and much more.

Membership must be activated by 31/05/2018.

www.lesmills.co.nz

Value \$450



97) Puff Fitness - Award winning Postnatal Fitness Programme

Join the award winning 8 week Puff Fitness **postnatal recovery programme**. Feel confident that you are exercising safely and appropriately during the postnatal period, with small group fitness programmes under the guidance of a qualified trainer.

7 key benefits include: fat loss, increased energy, nutritional support, hormonal balance, belly toning, pelvic floor strengthening - and me time!

Expiry 31/03/2019

www.puff.kiwi.nz

Value up to \$399



98) Stretch. Strengthen. Stress-less. Smile.

Been thinking about trying Pilates? We have the Pilates Package for you! Cruise along to Pilates Synergy and enjoy **5 mat classes**.

Pilates Synergy is a boutique studio, based in picturesque Lyall Bay, offering high quality Pilates instruction from certified practitioners, with a range of classes for all levels.

Expiry March 2019







<http://www.pilates-synergy.co.nz/>

Value \$100



99) Fit and Healthy for 2018!

Thanks to Pulse Personal Training and the Healthy Food Guide one lucky person will boost their fitness and energy levels with this energizing prize pack.

	<p>Pulse Personal Training Fitness Starter Pack includes:</p> <ul style="list-style-type: none"> • 1 x 45min Pulse PT Body Audit Assessment and goal setting session • 2 x 45min Personal Training Sessions <p>You will also receive a one year subscription to Healthy Food Guide magazine.</p> <p>Pulse package value \$240. Expiry April 2019. Healthy Food Guide subscription must be redeemed by 31/12/2018. Value \$55.</p> <p>https://www.healthyfood.co.nz/</p> <p>Total value \$295.</p>
 	<p>100) Create a life you love living!</p> <p>Do you want to create even more success in your life? Do you want to step up from good to great in one or all areas your life?</p> <p>Invest in yourself and begin 2018 with more confidence, courage and conviction. This 12 week DreamBuilder group coaching course, run by Inspirational speaker and Life Coach Vicky Renouf (certified by the Life Mastery institute) will give you access to a weekly mastermind group of other like minded women who want more - plus online self study content you get to keep!</p> <p>https://www.vickyrenouf.com/</p> <p>Value \$750</p>
  	<p>101) Heal and support your body with Oxygen Therapy</p> <p>If you are yet to enjoy the benefits of oxygen therapy, this could be your chance. City Hyperbaric offers one lucky auction winner the chance to relax and improve their wellbeing, with a healing session in their world-class mHBOT chamber.</p> <p>In essence - your tissues, organs, central nervous system and bones enjoy the benefits of increased oxygen being safely delivered to: repair cells, support healing, aid detoxing and boost general wellbeing.</p> <p>This auction is for one voucher for 30 minute mHBOT medical; and one 60 minute mHBOT initial chamber session.</p> <p>Expiry June 2018. For detailed brochure go to: http://www.cityosteopaths.co.nz/uploads/1/6/3/0/16303644/6009_cityhyperbaric_brochure_9-0.pdf</p> <p>Value \$163</p>



102) Boost Wellbeing with a Hyperbaric Medical Session.

City Hyperbaric is also offering one lucky auction winner the chance to relax and improve their wellbeing, with a 30 minute hyperbaric medical session.

This Auction is for one voucher for a 30 minute **hyperbaric medical** (not a chamber session - see Item 101 for mHBOT auction)

Expiry June 2018.

For detailed brochure go to:

http://www.cityosteopaths.co.nz/uploads/1/6/3/0/16303644/6009_cityhyperbaric_brochure_9-0.pdf

Value \$73



103) Wellness Pack from Miramar Physiotherapy

At Miramar Physiotherapy they know how important is to look after yourself. They have generously donated a **Wellness Pack** valued at \$300. Pack contains: Foam roller, Swiss ball, Lumbar roll, Massage ball, Magnesium oil, Magnesium flakes, Antiflame, Rehab wax, Hot pack, Cold pack, Strapping tape and Hyperfix.

<http://www.miramarphysio.co.nz/>

Value \$300

