

Local Community News

Leaders for Education scheme - I am proud to support Karori Normal School under the Leaders for Education scheme. If you or someone you know is thinking of selling your home, arrange for a free, no obligation appraisal from Martin Binks. If you sell your home with me I will make a donation of \$250 to the school. This is only available from Martin Binks at Ray White in Karori. I can be reached by e-mail at martin.binks@raywhite.com, and Ph: 022 066 3170 or 04 212 3170. Martin Binks, Licensed Real Estate Salesperson, REAA 2008, Ray White Karori.

Is "**Clean the Windows**" on your To Do list? Save time & hassle, get the job done professionally & support the KNS by getting Karori local Bernard from Ultimate Cleaning 0277550107 to do them for you. \$150 for inside & out (\$120 for small house with easy access). Bernard will donate \$10 from every job to KNS. Referee: Stacey Wilson 0274154849 or fin.stacey@xtra.co.nz



Now Yoga – Teens and Tweens

Yoga and Pilates for teens and tweens starts **Wednesday 27 October, 4pm** at Now Yoga 97 Ghuznee Street Wellington. The classes are 45 minutes and they will teach yoga, meditation and mat Pilates.

Katie Christie has been teaching teens and tweens in Karori now for 18 months and has expanded her classes to her studio in the City (conveniently on the number 21 bus route). The bus stop is right outside the studio making it easy to get to and from.

The classes are suitable for all levels of experience and will leave your teen/tween feeling empowered and grounded. A great way to help with overall wellbeing, strength, tone, flexibility and any pre exam/competition nerves!

To secure a spot call Katie on 021 025 78592. The term will run from 27 October to 15 December, 8 weeks and costs \$110 per child. To find out more about our cool studio visit www.nowyoga.nz

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