

## Physiotherapy

Treatment for muscular and joint pains, back and neck problems, headaches, sports injuries, chest physio (kids).

Techniques: Deep tissue massage, Joint Mobilizations and Manipulations, Dry Needling, Strapping, Rehabilitation

Supplier of Ergonomic Office Chairs,  
Ergotilts (for Laptops)  
and Tempur Products

Ana-Lisa: BSc (Physio) Wits, MCMT  
84 676 0080  
[analisaqc@gmail.com](mailto:analisaqc@gmail.com)



Wonderful Necklaces for Sale: Made partly of recycled material and each one is unique. The funds go directly to the association Meninos de Mocambique, without any administrative costs. This way they will get a better Christmas as well.

The association has benefited by the funds since 2007, and they use the money in order to run a day care/ activity centre in bairro Luis Cabral, which is one of the poorest suburbs in town. It has a preventive aim, keeping the kids occupied in their home surroundings and giving young vulnerable mothers a free day care for their kids.

I would like to ask you to bring with you any material you would like to recycle, which I can use for the new ones; necklaces, ear rings, bracelets, anything. for more information, please call Ritva 82 449 5200 or Av Francisco Orlando Magumbwe 954 (at the corner of Rua de Kassuende, the 3 floor building with a dentist and physiotherapy clinics downstairs)

## Guitar Lessons for beginners

- Fun and individualized lessons
- Moments to share and appreciate music
- Patient teacher
- Flexible schedule and rates (after working hours)
- Specializing in acoustic-style playing
- Can teach all styles, all ages
- In English / Portuguese

Please contact at  
84 615 129 1



FOR RENT: BEAUTIFULL APARTMENT WITH SEA VIEW FULLY FURNISHED, AIRCONDITIONED, 3 BEDROOMS, AND 3 BATHROOMS IN AVENIDA ARMANDO TIVANE 645. GARAGE AVAILABLE. (EURO 1.800 OR USD 2,500). AVAILABLE FROM END OF JANUARY 2011. CONTACT 82.3395750 (OWNER) OR 843338133.

Flat for rent: Unfurnished 3 bedrooms, 2 bathrooms, near to Sommerschild Clinic/Military base situated on the 1st floor. Modern American kitchen. Parking for 2 cars. (The building shares a small splash pool) Available 1st January. Rental Usd 2200.00. Contact 82 7474160

For rent : Free standing home in Bairro Triunfo with 4 small bedrooms, open lounge and dining room. Fully airconditioned. Available immediately. Rental Usd 3000.00. Contact 82 747 4160

Wonderful Exclusive large 6 bedroom home on Julius Nyerere with sea views, pool, beautiful garden, modern kitchen, 2 lounges and much more. For more information contact 82 303 5940

# Promoção Montes de pneus e jantes




Brand	Model	Price (Mt)
<b>Continental S</b>		
CONTINENTAL	165/80R13 83T ECO	2,000.00Mt
CONTINENTAL	185/80R14 100Q VAN	3,750.00Mt
CONTINENTAL	195/80R14 104Q VAN	4,050.00Mt
CONTINENTAL	205/70R15 104S W-C	4,600.00Mt
CONTINENTAL	245/75R15 103S W-C	5,660.00Mt
<b>FALKEN</b>		
FALKEN	175/80R13 78R R51 8PR	3,400.00Mt
FALKEN	235/40YR18 94Y FK452	8,300.00Mt
FALKEN	235/45ZR17 94Y FK452	7,500.00Mt
<b>GOODYEAR</b>		
GOODYEAR	165/80R13 83T GT-2	2,280.00Mt
GOODYEAR	185/80R14 100Q DURAMA	3,600.00Mt
GOODYEAR	195/70R14 91T GT-2	3,550.00Mt
GOODYEAR	195/80R14 104S DURAMA	4,100.00Mt
GOODYEAR	205/60R15 91V EXCELLE	4,300.00Mt
GOODYEAR	205/65R15 99S GT-2 RE	4,250.00Mt
GOODYEAR	205/75R15 97T WRANGLE	5,800.00Mt
GOODYEAR	265/70R15 112T WRANGL	8,100.00Mt
<b>HANKOOK</b>		
HANKOOK	155/80R12 86P 8PR RADI	2,900.00Mt
HANKOOK	700R16 116L RADIAL AH1	8,500.00Mt
HANKOOK	750R16 120L RADIAL AH1	10,000.00Mt
<b>MICHELIN</b>		
MICHELIN	165/70R14 81T ENERGY	2,700.00Mt
MICHELIN	205/70R15 96H LATITUD	7,350.00Mt
<b>VELOCITY</b>		
VELOCITY AXE	205/60R15 91V HI-	3,250.00Mt

Wheel Size	Model	Price (cada)
15"	Liberty	3.550 <sup>00</sup>
15"	S093	3.300 <sup>00</sup>
17"	Legend	4.350 <sup>00</sup>
17"	Connoisseur	6.700 <sup>00</sup>

Preços por unidade, incluem Iva e montagem, excluem balanceamento. Promoção válida até 15 de Janeiro e enquanto stocks durarem. Produtos e preços sujeitos a alterações

Av. 24 de Julho n.º 3925 R/C, Maputo - Moçambique  
Tel.: +258 21 404 514  
Fax: + 258 21 404 519

**Tiger Wheel&Tyre**  
www.twt.to

### Traditional Ashtanga Yoga Class (twice a week)

Two hour drop-in session (Monday and Thursday evenings) will include 90 minutes of modified primary series asanas (postures) and 30 minutes of pranayama (breathing techniques), meditation, and relaxation.

**Pranayama and Meditation Class (four days a week)** One hour session (Monday to Thursday 6 a.m. – 7 a.m.) will include 40 min of pranayama (breathing techniques) and 20 min of meditation.

Both classes are taught in English by a yoga practitioner certified in teaching Ashtanga yoga, pranayama and meditation in India. Beginners to yoga or to ashtanga yoga are welcome!

Location Sommerschild. For details call: **82 842 3707**

# Core Training

Classes & Private sessions: Call Nuno 847431494



Core training conditions the body for powerful, functional movement, increases flexibility and stabilizes the joints, by exercising the Pillar muscles. It is more than a workout program. It gives you a confidence that extends to other aspects of your life. When you look good and feel powerful, you feel better about your-self!

*Want to learn to dance the Tango or salsa? Contact:  
AFROLATINO DANCE ART Co.  
Maputo, Mozambique*

*Tango Dance Art Salsa Fusion  
Dance Dynamix*

**Mobile:** +258 84 781 4056

**Email:** [odeonx@gmail.com](mailto:odeonx@gmail.com)

**Skype:** odeon wood

**Messenger:** [funkytangos@yahoo.com](mailto:funkytangos@yahoo.com)

FOR SALE: Isuzu LE300 4x4 2005 model  
190,000km, excellent condition. 450,000mtn. One owner,  
Mozambican registered, bought @ Entrepосто new.  
Call Pierre - 844430008



#### JOB SEEKERS

Please load your CV on web page  
[www.mozjobs.net](http://www.mozjobs.net)

#### EMPLOYERS

Send your Company details to become part of our  
business directory [bdirect@mozjobs.net](mailto:bdirect@mozjobs.net)

FOR SALE: CAR HONDA CIVIC, 5 SEATS, MANU-  
FACTURED IN 2001, WITH 52,000 KM IN GOOD  
CONDITIONS. (USD 6,000). CONTACT: +258  
843338133.

KARIN FENSHAM

Cell: (+258) 826 707 907  
Mobile: Mozambique

+258) 846 743 529  
[mbp@mozambique.co.mz](mailto:mbp@mozambique.co.mz)

Kitesurf shop

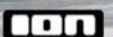
Kite trips around Mozambique

Kitesurf lessons



# KITE ZONE

## MOZAMBIQUE



Av. Lucas Elias Kumato N°257 - Sommerschild 1 - Maputo  
Gregory : +258-82-9039629 or [toubbab@hotmail.com](mailto:toubbab@hotmail.com)

Stephane : +258-82-8433218 or [sdwd@usa.net](mailto:sdwd@usa.net)

# COPA DE CICLISMO DE MOÇAMBIQUE



O Centro do Ciclismo Mocambicano - The Center of Mozambican Cycling

Onde Os Melhores Se Encontram Para Competir- Where The Best Meet to Compete

For more information visit: <http://www.copaciclismo.com/>

Calender/Calendário 2011

Evento	Dist	Data	Local	Hora	Defensor	Recorde
1 TT Camp. Nacional	50km	3-Fev-11	Maracuene		N/A	N/A
2 Estrada Camp. Nac.	180km	6-Fev-11	Maracuene		N/A	N/A
3 TT Nam	16.6km	20-Fev-11	Mandevo		J.António	J.A. 0:40:13, 2009
4 Mozal X6	124km	6-Mar-11	Matola		I.Akuji	I.A. 4:03:25, 2010
5 TT Goba	10.2km	20-Mar-11	Goba		D.Wyness	J.R. 0:26:37, 2007
6 Rei do Sul 3	117km	3-Apr-11	Frigo		I.Akuji	I.A. 3:52:10, 2010
7 Volta a Goba 3	135km	17-Apr-11	Frigo		M.Sauder	M.S. 4:20:38, 2010
8 Volta a Goba 2	80km	30-Apr-11	Boane		M.Traversi	M.Tr. 2:31:53, 2010
9 Mozal X4	83km	1-May-11	Matola		M.Traversi	M.Tr. 2:23:57, 2010
10 TT 26.2k	26.2km	2-May-11	Matola		J.António	A.A. 0:41:49, 2006
11 Classica de Namaacha 3	145km	15-May-11	Frigo		C.Sales	C.S. 4:49:07, 2010
12 Classica de Goba 3	156km	29-May-11	Frigo		M. Texeira	M.T. 5:32:26, 2010
13 TT 30k	30km	12-Jun-11	Matola		J.António	D.W. 0:47:28, 2007
14 Dois Picos 2	150km	26-Jun-11	Boane		M. Texeira	M.T. 5:22:46, 2010
15 TT 40k	40km	10-Jul-11	Matola		J.António	J.A. 1:11:36, 2010
16 EN1 Sprint	92km	24-Jul-11	Maracuene		M. Texeira	M.T. 2:34:04, 2010
17 TT 20.7k	20.7km	31-Jul-11	Matola		J.António	A.A. 0:32:35, 2007
18 Classica da EN1	130km	14-Aug-11	Maracuene		M. Texeira	M.T. 4:15:19, 2010
19 TT N1	35km	28-Aug-11	Maracuene		N/A	N/A
20 Classica de Goba 2	79km	24-Sep-11	PL		A. Matusse	A.M. 2:42:10, 2009
21 Desafio da Pedreira	90km	25-Sep-11	Frigo		M.Traversi	M.Tr. 2:49:14, 2010
22 TT 20km N4	20km	26-Sep-11	Sasol N4		N/A	N/A
23 Classica de Namaacha 2	89km	9-Oct-11	Boane		M.Traversi	M.Tr. 2:56:00, 2010
24 Classica de Goba 4	106km	23-Oct-11	Boane		N/A	N/A
25 TT EN4 50k	50km	6-Nov-11	N4 Sasol		M. Texeira	M.T. 1:23:27, 2010
26 Camp. Provincial	AA/TBA	20-Nov-11	AA/TBA			

**NB: Dates and information could change/DATAS E PROVAS PODEM VIR A MUDAR**

FOR RENT: Apartment : Beautifully fully furnished and fully equipped modern 2 bedroom apartment with 2 bathrooms in a secured complex on Julius Nyerere. Parking and Pool in Complex. Available Immediately. Contact 82 303 5940 for more information.

For Rent: 3 bedroom, light and bright flat in the TVM building. Unfurnished but Modern fully equipped kitchen. Rental Usd 2500.00. Contact: 82 747 4160



Taken from there incredible entertaining webiste wonderful website [www.maputohashhouseharriers.org](http://www.maputohashhouseharriers.org)

### A DRINKING CLUB WITH A RUNNING PROBLEM

ESTABLISHED IN 1964 IN KUALA LUMPUR, RUNNING IN MAPUTO SINCE 1987

With over 1700 groups worldwide, the HASH is an international dis-organisation of people who enjoy having fun and some exercise. The origins of the hash back in the day started with a group of expatriates who were getting fat and lazy sitting drinking beer at the local club. The decision was made to have some fun and exercise with one of them setting a trail using the British Paper Chase idea. The idea caught on and soon they had a number of people joining in, enough to attract the attention of the authorities who advised them that they needed to formalise their little gathering. Now the club where they met served food that was not necessarily interesting and had been christened as the Hash House. And so the official name was chosen and the HASH HOUSE HARRIERS was born.

It was downhill drinking from there, with the original members moving on to greener pastures and taking the concept of the Hash with them. So a number of years later, a bunch of locals end expatriates in Maputo were sitting around drinking and getting fat and lazy. The rest is history ...

To find out more of our stories - check out the rest of this site, try [www.maputohashhouseharriers.org](http://www.maputohashhouseharriers.org) if you are patient - that site is giving us #@\$%@\$&%@#\$\$%# grief at the moment. And if you really really really need to contact us, email : [projectos.baronne@gmail.com](mailto:projectos.baronne@gmail.com)

The French Mozambique cultural centre is offering French courses in 2011. Starting on the 12<sup>th</sup> January till the 4<sup>th</sup> February. For more information contact 82 3018000/10 or visit their site [ccfmz.com](http://ccfmz.com)

#### Car 4 sale:

Make: Mercedes Benz

Model: Compressor C 200

Details: 6 Speed

Interior Leather, Ar condicionado

Assisted by: Entrepoto Comercial

Price: **Preço: 20.000.00 USD**

Contacts: 84 301 3121

82 696 2385



Ditch the workout,

# Join the party!

## Coming Soon . . .

ZUMBA® is a Latin-inspired dance-fitness class with infectious music and easy to follow dance moves that will tone and strengthen the body. Each energizing workout burns 400-1000 calories and is suitable for men and women of all ages, shapes and fitness levels.

Come and join the party! Call 84 676 0080 to join.

dance your way to a **fitter** you!

# OPENING JANUARY 2011

## LITTLE FOOTPRINTS PRE-SCHOOL

"Your child's own little world where learning and growing is **FUN!!**"



Little footprints Pre-School is an English speaking pre-school for children between the ages of 2 to 5.



We provide a loving, playful and structured half-day program with a wide range of activities aimed at stimulating all the age-appropriate aspects of your child's development.



**ENROLL NOW & help your child take their first steps to a BIGGER future!**



AV. JULIUS NYERERE, SOMMERSCHIED, MAPUTO

NADIA KOCHA 82 3000 390 / GABRIELLA ROCHA 82 818 7970

WWW.LITTLEFOOTPRINTS-MZ.COM • INFO@LITTLEFOOTPRINTS-MZ.COM

FOR RENT: BEAUTIFULL APARTMENT WITH SEA VIEW FULLY FURNISHED, AIRCONDITONED, 3 BEDROOMS, AND 3 BATHROOMS IN AVENIDA ARMANDO TIVANE 645. GARAGE AVAILABLE. (EURO 1.800 OR USD 2,500). AVAILABLE FROM END OF JANUARY 2011. CONTACT 82.3395750 (OWNER) OR 843338133.

CEMCRETE CREATIVE COURSE IN JANUARY WITH Isabella Viglietti. Each course is 3 days - 2 courses available. Date of Course 28<sup>th</sup> - 29<sup>th</sup> - 30<sup>th</sup> January 2011 / 2nd, 3rd, 4th February 2011. Zar 1800.00 price of course - 3 days. All material provided for. Venue: Sommerschield 2, Maputo. Contact: Anne on 82 318 5250

For Rent: 3 bedroom, light and bright flat in the TVM building. Modern fully equipped kitchen. Rental Usd 2500.00. Contact: 82 747 4160



Mitsubishi Pajero 2.8 intercooler turbo. 3 Door, Blue, Automatic Diesel. 108421 km on odo. Serviced on 107721 km in Johannesburg.

Vehicle presently in Matola. Mozambique registration. Price \$6000 negotiable. Please contact Jacobus e mail: [cilliersjf@gmail.com](mailto:cilliersjf@gmail.com)



## Bellydance Classes

Beginners: Mon & Wed @ 17:30  
Children's Classes TBA  
Call 84 676 0080 for more info

*Transform Yourself...*



FOR RENT: BEAUTIFULL APARTMENT WITH SEA VIEW FULLY FURNISHED, AIRCONDITIONED, 3 BEDROOMS, AND 3 BATHROOMS IN AVENIDA ARMANDO TIVANE 645. GARAGE AVAILABLE. (EURO 1.800 OR USD 2,500). AVAILABLE FROM END OF JANUARY 2011. CONTACT 82.3395750 (OWNER) OR 843338133.



FOR SALE: Audi 2003

Motor/ Com motor 2.4 v6

Com bancos em cabidal

Contact: 824883170

### Sunday Lunch at Belsol

**Starters:** Prawn Soup, Cooked Prawns, Traditional Clams

**Specials of the Day:** Traditional Meat Dish ( Cozido a Portuguesa ), Lobster & Prawn Salad ( With our chefe's special mayonaise ), Oven Roast Lamb Shank, Fillet Steak ( With Mussel Sauce ), Oven Baked Cod Fish ( Topped with Cream Sauce ), Oven Baked Canadian Salmon ( With a snack of Crab Meat )

**Deserts:** Variety of 6 to choose from **BOM APTITE:** Come join us at **BELSOL** for your choice of traditional dishes ..From Monday through to Sunday - Lunch or Supper .. We cater for all your party needs ...Choice of a la carte or set menu's available ..

**EVERY WEDNESDAY - PRAWN NIGHT SPECIAL!** Choice's of the following : Prawn Curry, Grilled Prawns, Fried Prawns, Prawn National ( Cooked in Beer ) . Booking Information: Contact Details : Telef : 21 451 245 / Cell : 84 438 8358 - Address : Costa do Sol - Bairro Triunfo - 2a Avenida - Maputo



FOR SALE: Jack russel puppies, 5 weeks old, they have the tail cut, vaccinations and the price is 5000 Mts . My contact number is 827559230 Claudia

**Home fitness for sale** - Orbitrek - 8,000 mts

Trojan Powervibe 255 (Vibration trainer) - 23,000 mts

Elite, training frame - for 26" or 700 wheel size - 3,000 mts



ono. To view : Sommerschild Cy- mon 82 329 4580

# Capital

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Maputo-Moçambique

Telf: +258 82 08 84 852

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