

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Yoga TEACHER TRAINING <i>Retreats</i> New career or deepening yoga practice
	6.00am *Fit Yoga (Book by term) Melanie STUDIO 1		6.00am *Fit Yoga (Book by term) Melanie STUDIO 1	6.00am Fit Pilates (1hr) Simon STUDIO 1	
9.30am General Melanie STUDIO 1	9.30am Fit Yoga Nardine STUDIO 1		9.30am Fit Yoga Melanie STUDIO 1	9.30am General Nardine STUDIO 1	
11.30am (Book by term) *Mums n Bubs Melanie STUDIO 1	11.00am Iyengar NEW CLASS Bernie STUDIO 1	11.00am *Gentle Core Kehry STUDIO 1	11.00am *Tibetan Yoga & Meditation Marg STUDIO 2		
4.30pm NEW TIME *Kids Yoga Kehry STUDIO 1			12.30pm *Modified/Adapted Yoga Marg STUDIO 2	7.45am NEW CLASS Vinyasa Flow Simon STUDIO 1	SATURDAY
5.15pm (45 mins) \$8 Meditation Class Kehry STUDIO 2	5.45pm Vinyasa Flow Annie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm Vinyasa Flow Simon STUDIO 2	9.30am General Prue STUDIO 1	SUNDAY
6.00pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Melanie STUDIO 2		6.00pm NEW TIME General Katie STUDIO 1		
7.30pm General Nardine STUDIO 1	7.00pm NEW TIME Yoga 4 Athletic Recovery Katie STUDIO 1	7.20pm Gentle Core Kehry STUDIO 1	7.15pm NEW TIME Beginners Kate STUDIO 1	Mini Yoga Retreat (2.5hrs) 7.30am 3rd Sunday each month PLEASE BOOK \$25 STUDIO 1	
7.30pm Introductory Kehry STUDIO 2	7.00pm Beginners Melanie STUDIO 2	7.30pm (1hr) Fit Pilates Simon STUDIO 1	10 Day Yoga Intensives will commence from Tuesday 12th January & run for 10 consecutive days, including weekends. Class times will be at 6am, 7.15am & 6pm. Cost \$130. Bookings essential.		

Spring/Summer TIMETABLE

Classes marked with an asterisk (*) **DO NOT** run during school holidays.

Effective as of Monday, October 5th till Wednesday, December 23rd, 2015.

See reverse side for description of classes

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Yoga is for EVERY body ... which yoga class is for you?

Introductory – A one-off class & the first of our 8 week Beginners course; *Introductory* is the foundation for all our other classes. We recommend all students attend this class first, whether you are new to yoga or new to our style of yoga.

Beginners – For beginner students who want to learn the postures, sequences & pranayama (breathing) practices that typically feature in a *General*, *Fit* or *Vinyasa* class. We recommend beginner students attend at least 3 x *Beginner* classes before attending other stronger classes.

General – A classical yoga class, typical of the *Vitality yoga* style & our most popular. *General* yoga classes are a beautiful balance between movement, pranayama (breathing practices), relaxation & meditation. Just 1 class per week will give your mind a weekly holiday & freer mobility in the body. 2 or more classes per week will significantly help to improve flexibility & develop stillness within.

Gentle Core – For students who require a gentler practice, *Gentle Core* incorporates yoga postures, relaxation, visualisation, pranayama & meditation to develop a deep sense of calm & appreciation of one's own body. *Gentle Core* is a slower paced class which offers a broad range of modifications

to suit a range of ailments. Students need not attend *Beginner* classes first, but preferably attend the *Introductory* class before attending *Gentle Core*. *Gentle Core* is appropriate for pregnant students.

Vinyasa Flow – A challenging class where sequences of yoga postures are synchronised with the breath to create a dynamic, flowing practice. Our yoga studio is heated to approximately 28 degrees except in the hotter months. Not for beginner students or students with serious back, shoulder or neck injury.

Fit Yoga – A combination of *Vinyasa Yoga*, *Pilates* & conventional exercise to strengthen, tone & lengthen muscles, particularly legs, buttocks, shoulders & core. Not for beginner students or students with serious back, shoulder or neck injury. Please note 6am *Fit Yoga* is run as a separate course & cannot be used with a 6 week pass.

Iyengar Yoga – *Iyengar* yoga is known for its attention to precision & alignment of yoga postures & holding them for longer periods. Yoga props are commonly used to facilitate alignment and support in the postures. Precise alignment of the body helps to correct postural imbalances. Correct alignment brings a sense of freedom and equilibrium.

Fit Pilates – A fun, energetic *Pilates* class to strengthen core, legs & buttocks;

concluding with yoga postures for deep stretching. Not for students with serious back or neck injury. Our yoga studio is heated to approximately 28 degrees except in the hotter months.

Yoga for Athletic Recovery – A class that applies the science of stretch & breath to assist recovery from strenuous exercise. Students find they improve their overall sporting performance, significantly reduce injury & increase their longevity in the game. Also a good class for anyone looking for a deep stretch & improve core strength.

Adapted/Modified Yoga – A restorative class for students whose movement is affected by various conditions such as Fibromyalgia, Arthritis, Multiple Sclerosis & Chronic Fatigue. *Adapted yoga* develops life changing skills for managing pain & can be practiced in a chair for those who need it.

Tibetan Yoga & Meditation – Principally a meditation class which also introduces stillness & movement practices of Kum Nye (Tibetan Yoga) to stimulate the flow of feeling & sensation that leads to deep relaxation & healing.

Prenatal Yoga – A class specifically for pregnant women from 12 weeks to birth. *Prenatal yoga* helps maintain strength, flexibility & comfort through pregnancy & develops tried & tested tools for labour & motherhood. *Gentle Core* classes are also appropriate for pregnant students.

Mums & Bubs Yoga – Specifically designed for the postnatal body as particular focus is given to strengthening the core & pelvic floor & stretching & strengthening the shoulders, neck & back. Babies are welcome to attend from 6 weeks up until they are walking.

Kids yoga – Appropriate for primary school children, *Kids yoga* develops confidence, learning abilities, coping skills, lowers stress levels & increases balance & co-ordination. Children who practice yoga are happy, confident kids!

\$8 Beginners classes – A 45 minute, guided meditation class with our most experienced & senior teacher, Kehry. Open to all.

PRICE

Unless otherwise stated, all classes run for 75 minutes.

\$90 for 1 class per week over a 6 week term

\$145 for 2 classes per week over a 6 week term

\$180 for unlimited classes over a 6 week term

SPECIAL OFFER! \$100 for 8 week Beginners course (when you purchase your pass at the *Introductory* class & it is your first class)

Please note, your 6 week pass can begin at any time.