Summer/Autumn timetable

effective Wednesday 27th January till Saturday 9th April 2016

Vitality Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*6am (Book by term) Fit Yoga Melanie STUDIO 1		*6am (Book by term) Fit Yoga Melanie STUDIO 1	6am (1hr) Fit Pilates Simon STUDIO 2	
			6am (1hr) NEW CLASS Bikram (HOT) Simon STUDIO 2		7.45am Vinyasa Flow (HOT) Simon STUDIO 1
9.30am General Nardine STUDIO 1	9.30am – NEW CLASS Vinyasa Flow Nardine STUDIO 1		9.30am – NEW CLASS Gentle Yoga & Meditation Melanie STUDIO 1	9.30am General Nardine STUDIO 1	9.30am General Prue STUDIO 1
	*11am Iyengar Bernie STUDIO 1	*11am Gentle Core Kehry STUDIO 1	*11.30am –NEW TIME (Book by term) Mums & Bubs Melanie STUDIO 1		
*4.15pm Kids Yoga Kehry STUDIO 1				**REGULAR FRIDAY NIGHT WORKSHOPS!**	**SUNDAY**
6pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Melanie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm - NEW TIME Beginners Katie STUDIO 1		Mini Yoga Retreat every 3rd Sunday of the month at 7.30am. (2.5hrs) Bookings required. $25.
*6pm – (Group Bookings) Yoga 4 Athletic Recovery – Melanie STUDIO 2	5.45pm Vinyasa Flow Annie STUDIO 2		5.45pm Vinyasa Flow (HOT) Simon STUDIO 2		*4pm – NEW CLASS Yin Yoga Kate STUDIO 1
7.30pm General Nardine STUDIO 1	7pm Beginners Melanie STUDIO 1	*7.15pm (Book by term) Meditation course Bronte STUDIO 2	7pm - NEW TIME General Kate STUDIO 1		*Vitality Yoga will be closed on all Victorian Public Holidays*
7.30pm Introductory Kehry STUDIO 2	*7pm – (Group Bookings) Yoga 4 Athletic Recovery – Katie STUDIO 2	7.20pm Gentle Core Kehry STUDIO 1			

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

Speciality Classes
Beginners welcome
Some yoga experience recommended
Dynamic practice (some yoga experience required)

What style of yoga 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 popular class where sequences of yoga postures are synchronised with the breath to create a dynamic, flowing practice. Individual styles will vary from teacher to teacher.

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.

Bikram – A specific sequence of yoga postures to heat and detoxify the body. Our state of the art infrared heating panels heat the room to approximately 35 – 38 degrees so a sweat towel is recommended.

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.

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.

Yin yoga – Yin Yoga is a traditional style of yoga that focuses on holding poses for extended periods. This practice allows you to observe the mind and experience a slow and deep meditative state, while pranayama breathing cleanses and revitalises, leaving you feeling rejuvenated in mind and body.

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!

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. Popular with various sporting clubs. Group bookings required.

PRICE

Unless specified otherwise, all classes run for 75minutes.

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

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

$180 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.

Find us on Facebook for up-to-date timetable changes, workshops & events.

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