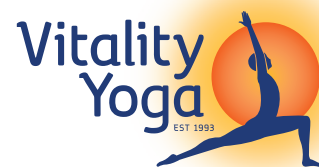


Spring/Summer timetable

Effective Monday 9th October to Saturday 24th December



Our studio will be closed from Sunday 24th of December & reopen on Monday 29th of January. All regular timetable classes will be suspended during this time. Only the 10 Day Yoga Challenges will run, commencing on Tuesday 9th of January. Taking bookings now.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am (book by term) Fit Yoga Melanie STUDIO 1	6am (1 hr) General Melanie STUDIO 1	6am (book by term) Fit Yoga Katie STUDIO 1	6am (1 hr) General Nardine STUDIO 1	
9.30am General Nardine STUDIO 1	9.30am Iyengar Beginners Bernie STUDIO 2	9.30am (book by term) Parents & Toddlers (55 mins) Amanda STUDIO 1	9.30am Gentle Yoga & Meditation Melanie STUDIO 1	9.30am General Nardine STUDIO 1	9.30am General Helen STUDIO 1
11am (book by term) Yoga for Cancer Recovery (1.5 hrs) Melanie STUDIO 1	11.15am (book by term) Chair Yoga Bernie STUDIO 1 (1.5 hrs)	11am Gentle Core Kehry STUDIO 1	9.30am (1.5 hrs) Iyengar General Bernie STUDIO 2		4pm Bikram Simon STUDIO 2 +
4.30pm (book by term) Kids Yoga Kehry STUDIO 1 (50 mins)			11.15am (book by term) Mums & Bubs (55 mins) Melanie STUDIO 1		SUNDAY
6pm (NEW TIME) Flow - Refine & Align Amanda STUDIO 2	5.45pm Flow Annie STUDIO 1	5.45pm General Kate STUDIO 1	5.45pm Beginners General Helen STUDIO 2 +	5.45pm Bikram Simon STUDIO 2 +	10.30am Gentle Yoga & Meditation Melanie STUDIO 1
6pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Yoga Melanie STUDIO 2	5.45pm Gentle Core Kehry STUDIO 2	6pm (55 mins) General Express Melanie STUDIO 1		4pm Yin Yoga Kate STUDIO 1 +
7.20pm General Raelene STUDIO 1	7pm (new teacher) General Nardine STUDIO 1	7pm Yin Yoga Clare STUDIO 2 +	7pm Gentle Flow Kate STUDIO 1 +		
7.30pm (book by term) Meditation Kehry STUDIO 2	7.15pm Beginners General Melanie STUDIO 2 +		7.15pm (please book) Foundation (1.5 hrs) Melanie STUDIO 2		

Classes run for 75 minutes unless specified.

Download our new 'Vitality Yoga' app to get started today

Studio closed on all Victorian public holidays

Vitality also offers accredited YOGA TEACHER TRAINING - Est.1993 Beginners welcome ■
Some yoga experience recommended ■
Please call studio to discuss any significant injuries or health concerns prior to attending ■

What style of yoga is for you ...

On-going Classes

Foundation – a one-off class that provides a practical & theoretical understanding of the principles of yoga. Our senior teacher will assess student's individual needs & help decide on classes most suitable. We recommend all beginners attend this class, preferably as their first. Bookings essential.

Beginners General – focuses on key postures, sequences & pranayama (breathing) practices that feature in our stronger classes. Students develop correct technique & alignment specific to individual needs for an empowering, safe & lasting practice. Beginners run on a 4-week consecutive cycle. If you attend four consecutive weeks you will feel equipped to move into a General class.

General – a classical yoga class, typical of the Vitality style & our most popular. General classes are a beautiful balance between movement, pranayama (breathing), relaxation & meditation.

Gentle Core – for students who require a gentler practice incorporating postures, relaxation, pranayama (breathing) & meditation to develop a deep sense of calm. Gentle Core is a slower paced class that offers extensive modifications to suit a range of ailments & levels. Gentle Core is suitable for beginner students & pregnant women.

Gentle Yoga & Meditation – a Gentle class with strong emphasis on developing mindfulness within postures; concluding with a seated or lying meditation.

Gentle Flow – a step up from Gentle Core; incorporating modified postures to suit students requiring a gentler practice but with flowing transitions.

Flow (Vinyasa) – a fun & popular class where sequences of yoga postures are synchronized with the breath to create a flowing practice.

Flow Refine & Align – flowing sequences with periodic pauses to focus on enhanced alignment within key postures.

Yin Yoga – focuses on holding stretching postures for extended periods, allowing quieter moments for stillness & reflection. A wonderful recovery class for athletes.

Bikram – a specific series of yoga postures to heat & detoxify

the body. Our state of the art infrared heating panels heat the room to approximately 38 degrees.

Iyengar

Iyengar Beginners – designed to increase & improve the bodies range of movement through the use of props & strong emphasis on alignment.

Iyengar General – general explores more challenging poses

Prenatal Yoga – develops strength & maintains flexibility & comfort through pregnancy. Expectant mothers gain invaluable tried & tested tools for labour & motherhood. Suitable from 10 weeks to birth.

Term Classes

Fit Yoga – combination of yoga, Pilates & conventional approach to exercise; builds strength, stability & mobility based in solid anatomical understanding.

Mums & Bubs Yoga – specifically designed to strengthen & stabilise the postnatal body. Babies welcome to attend from 5 weeks up until they are mobile.

Parents & Toddlers Yoga – adults develop breathing & meditation skills to build a sense of calm, patience & resilience; children are introduced to valuable skills of yoga; planting a seed will stay for life. Adults practice physical postures designed to strengthen & stretch their body. Suitable for toddlers & pre-schoolers.

Kids Yoga – develops confidence, learning abilities, coping skills, lowers stress levels, & increases balance & co-ordination. Suitable for primary school age children. Classes run for 50 minutes.

Meditation – learn tried & tested mindfulness techniques which form the basis for a consistent meditation practice. Beginners & experienced meditators looking for a new approach are welcome.

Yoga for recovery from cancer treatment – a gentle class designed to build core strength, improve mobility & develop stability while learning mindfulness techniques to reduce anxiety, manage pain & build inner calm.

Chair Yoga – perfect for seniors & anyone who is limited in their movement due to weight gain, injury or surgery, making regular yoga classes inaccessible.

PRICING

DIRECT DEBIT

\$30p/w includes
Unlimited Classes a week
+
10% off ALL Vitality workshops

UP FRONT PAYMENT

\$90 for 6 classes
over 7 weeks (Single Pass)

\$145 for 12 classes
over 7 weeks (Double-Up)

\$180 Unlimited classes
over 6 weeks (Unlimited)

COME & GO

\$90 for 5 classes over 3 mths

\$170 for 10 classes over 4 mths

\$20 casual class

Special Offer!

\$100 for 8 week Beginners course (Start anytime)

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

How many sessions?

Just one class per week will give your mind a weekly holiday & freer mobility in the body. Two or more classes per week will significantly help improve strength & flexibility while developing stillness within.