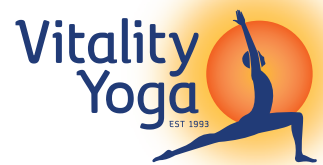


Autumn/Winter timetable

Effective Monday 16th April to Sunday 15th July



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	8am Flow Kate STUDIO 1
9.30am General Nardine STUDIO 1	9.30am NEW CLASS Cosy Yin Kate STUDIO 2 +	9.30am (book by term) Toddlers & Parents (55 mins) Amanda L 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 Treatment Recovery Melanie STUDIO 1	11.15am (book by term) Chair Assisted Yoga Helen STUDIO 1	11am Gentle Core Kehry STUDIO 1	11.15am (book by term) Mums & Bubs (55 mins) Melanie STUDIO 1		
4pm Kids Yoga (book by term) Kehry STUDIO 1 (50 mins)					SUNDAY
6pm Gentle Core Kehry STUDIO 1	5.45pm Prenatal Yoga Melanie 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 Yoga Strong Melanie STUDIO 2	6pm Flow (1 hr) Annie STUDIO 2	5.45pm Gentle Core Kehry STUDIO 2	6pm (1 hr) Yoga Strong Katie STUDIO 1		4pm Yin Yoga Kate STUDIO 1 +
7.20pm General Raelene STUDIO 1	7pm General Nardine STUDIO 1	7pm Yin Yoga Kate STUDIO 1 +	7pm Gentle Yoga & Meditation Helen STUDIO 1	Classes run for 75 minutes unless specified.	
7.20pm NEW TIME Beginners General Melanie STUDIO 2 +	7.15pm NEW TIME Foundation (1.5 hrs) (please book) Melanie STUDIO 2	7.15pm Meditation (1 hr) (book by term) Kehry STUDIO 2	7.15pm Regular Workshops See the app or website for details	Download the 'Vitality Yoga' app to get started today	

Studio closed on all Victorian public holidays

Beginners welcome

Some yoga experience recommended

Beginners welcome. Please call studio to discuss any significant injuries or health concerns prior to attending.

▶ Vitality also offers accredited **YOGA TEACHER TRAINING** - Est.1993

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 yoga practice; incorporating all the usual elements of yoga but with easier, slower transitions. Gentle Core 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.

Flow (Vinyasa) – a fun, dynamic paced class where sequences of yoga postures are synchronised with the breath to create a flowing practice.

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

Cosy Yin – studio is heated to approx. 28 degrees.

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.

Yoga Strong – a combination of yoga, Pilates & conventional

exercise techniques & based in solid anatomical understanding, yoga strong will make you stronger.

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 – a combination of yoga, Pilates & conventional approach to exercise, fit yoga is designed to strengthen & tone, particularly the core, legs and shoulders. Students commit to 2 classes per week for a 10 week term, which enables students to progressively build their practice & explore more challenging yoga postures safely.

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

Toddlers & Parents Yoga – a yoga class for adults where toddlers & preschoolers can practice alongside, or play with fellow little yogis. Adults learn the skill to create internal calm with their little ones; children are introduced to valuable skills of yoga, planting a seed for life.

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

Regular workshops

Our workshop time slot has been created so our teachers can share their wisdom & passion on different styles & philosophies of yoga that aren't on our regular timetable. Either theory or practical based & usually incorporating yoga philosophy, our workshops are an opportunity for students to delve deeper into the world of yoga; freshen & inspire their yoga practice. Please refer to the Vitality Yoga Workshop schedule for upcoming events. Vitality workshops free for unlimited members.

Get started

\$65 for 4 beginners classes + complimentary foundation class

Please see separate price guide or website or the app for more information.

How many sessions?

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 improve strength & flexibility while developing stillness within.