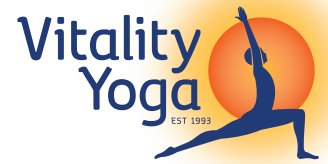


# Winter/Spring timetable

Effective Monday 16th July to Monday 8th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6am</b> (book by term) <b>Fit Yoga</b> Melanie STUDIO 1	<b>6am</b> (1 hr) <b>General</b> Melanie STUDIO 1	<b>6am</b> (book by term) <b>Fit Yoga</b> Katie STUDIO 1	<b>6am</b> (1 hr) <b>General</b> Nardine STUDIO 1	<b>8am</b> <b>Flow</b> Kate STUDIO 1
<b>9.30am</b> <b>General</b> Nardine STUDIO 1	<b>9.30am</b> <b>Cosy Yin</b> Kate STUDIO 2 +	<b>9.30am</b> <b>Yoga Strong</b> NEW CLASS Melanie STUDIO 1	<b>9.30am</b> <b>Gentle Yoga &amp; Meditation</b> Melanie STUDIO 1	<b>9.30am</b> <b>General</b> Nardine STUDIO 1	<b>9.30am</b> <b>General</b> Melanie STUDIO 1
<b>11am</b> (book by term) <b>Yoga for Cancer Treatment Recovery</b> Melanie STUDIO 1	<b>11.15am</b> (book by term) <b>Chair Assisted Yoga</b> Helen STUDIO 1	<b>9.30am</b> (book by term) <b>Toddlers &amp; Parents</b> (55 mins) Amanda L STUDIO 2		<b>11.15am</b> (book by term) <b>Mums &amp; Bubs</b> NEW TIME Melanie STUDIO 1 (55 mins)	
<b>4pm</b> <b>Kids Yoga</b> (book by term) Kehry STUDIO 1 (50 mins)		<b>11am</b> <b>Gentle Core</b> Kehry STUDIO 1			
<b>6pm</b> <b>Gentle Core</b> Kehry STUDIO 1	<b>5.45pm</b> <b>Prenatal Yoga</b> Melanie STUDIO 1	<b>5.45pm</b> <b>General</b> Kate STUDIO 1	<b>5.45pm</b> <b>Beginners General</b> Helen STUDIO 2 +	<b>5.45pm</b> <b>Cosy Yin</b> Kate STUDIO 1 +	<b>10.30am</b> <b>Gentle Yoga &amp; Meditation</b> Mel/Kate/Rae STUDIO 1
<b>6pm</b> <b>Yoga Strong</b> Terrie STUDIO 2	<b>5.45pm</b> <b>Flow</b> Kate STUDIO 2	<b>5.45pm</b> <b>Gentle Core</b> Kehry STUDIO 2	<b>6pm</b> (1 hr) <b>Yoga Strong</b> Katie STUDIO 1	<b>5.45pm</b> <b>Bikram</b> Simon STUDIO 2	<b>4pm</b> <b>Yin Yoga</b> Kate STUDIO 1 +
	<b>7pm</b> <b>General</b> Nardine STUDIO 1	<b>7pm</b> <b>Yin Yoga</b> Kate STUDIO 1 +	<b>7pm</b> <b>Gentle Yoga &amp; Meditation</b> Helen STUDIO 1		
<b>7.15pm</b> NEW TIME <b>Foundation</b> (1.5 hrs) (bookings essential) Melanie STUDIO 2	<b>7pm</b> NEW TIME <b>Beginners General</b> Melanie STUDIO 2 +	<b>7.15pm</b> <b>Meditation</b> (1 hr) (book by term) Kehry STUDIO 2	<b>7.15pm</b> <b>Regular Workshops</b> See the app or website for details		

Classes run for 75 minutes unless specified.

**Download the 'Vitality Yoga' app to get started today**

Studio closed on all Victorian public holidays

Beginners welcome

A slower paced class & therefore beginner friendly but not suitable for all students. Please call studio to determine suitability for your body

A faster paced class, some yoga experience recommended

▶ 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.