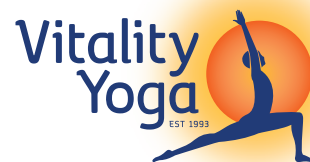


Autumn/Winter timetable

Effective from Tuesday April 23rd till Sunday July 14th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am (book by term) Fit Yoga Melanie STUDIO 1	6am (1 hr) General Nardine STUDIO 1	6am (book by term) Fit Yoga Melanie STUDIO 1	6am (1 hr) Gentle Yoga & Meditation Melanie STUDIO 1	
9.30am General Nardine STUDIO 1	9.30am Yin Yoga Melanie STUDIO 1 +	9.30am Yoga Strong Melanie STUDIO 1	9.30am Gentle Yoga & Meditation Melanie STUDIO 1	9.30am General Nardine STUDIO 1	9.30am General Melanie STUDIO 1
11am (book by term) Yoga for Recovery from Cancer Treatment Melanie STUDIO 1	11am NEW CLASS Beginners General* (bookings essential) Melanie STUDIO 1	9.30am (book by term) Toddlers & Parents (55 mins) Amanda L. STUDIO 2	11.15am (book by term) Mums & Bubs NEW TIME Melanie STUDIO 1 (55 mins)		
4pm (book by term) Kids Yoga Kehry STUDIO 1 (50 mins)	11.15am (book by term) Chair Assisted Yoga Helen STUDIO 2	11am Gentle Core Kehry STUDIO 1	12.30pm NEW CLASS Meditation* (45 mins) (bookings essential) Melanie STUDIO 1		
5.45pm NEW TIME Gentle Core Kehry STUDIO 1	5.45pm Prenatal Yoga Melanie STUDIO 1			5.45pm Yin Yoga Kate STUDIO 1 +	10.30am Gentle Yoga & Meditation Mel/Kate/Rae STUDIO 1
5.45pm NEW CLASS Flow Annie STUDIO 2	5.45pm Flow Kate STUDIO 2	5.45pm General Kate STUDIO 1	5.45pm (1 hr) NEW TIME Yoga Strong Katie STUDIO 1	5.45pm Bikram Simon STUDIO 2	4pm Yin Yoga Kate 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.	
7.15pm (book by term) Meditation (1 hr) Kehry STUDIO 2 NEW TIME	7pm Beginners General Melanie STUDIO 2 +		7.15pm Foundation (1.5 hrs) (bookings essential) Melanie STUDIO 2	<p>Download the 'Vitality Yoga' app to get started today</p> <p>Studio closed on all Victorian public holidays Classes marked with * do not run during school holidays</p>	

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.

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.

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.