



yarraville yoga centre

From 2 January 2012

10-week courses

Starting week of **30 January 2012**.

Book on 9687 4418 / www.yarravilleyoga.com.au

Cost: \$160/\$145 conc. 1½ hours (Level 2i: 1¾ hrs).

Beginners' courses

Our 10-week beginners' courses in Iyengar Yoga (one class a week for 10 weeks) are suitable for all levels of fitness. Learn the world's most practised form of yoga, enjoy increased strength, flexibility and well-being in a modern studio with experienced teachers.

8pm Monday	from 30 January	Amanda
6.30pm Tuesday	from 31 January	George
8pm Tuesday	from 31 January	Amanda
10.30am Wednesday	from 1 February	George
6pm Wednesday	from 1 February	Peter
6pm Thursday	from 2 February	Juanita
11.30am Saturday	from 4 February	Amanda

Level 1 courses

For those with some previous yoga experience.

6.30pm Monday	from 30 January	Amanda
8pm Monday	from 30 January	George
8pm Tuesday	from 31 January	George
6.30am Wednesday	from 1 February	Amanda
6pm Wednesday	from 1 February	Juanita
7.30pm Wednesday	from 1 February	Juanita
6pm Thursday	from 2 February	Peter
9.30am Saturday	from 4 February	Peter
4pm Saturday	from 4 February	Juanita
12.15pm Sunday	from 5 February	George

Introduction to Level 2 courses

For those with minimum six months Level 1 experience.

6.15pm Monday	from 30 January	George
7.30pm Wednesday	from 1 February	Peter
6.15am Thursday	from 2 February	Juanita
9.15am Saturday	from 4 February	Amanda

Term 2 courses commence week of 23 April 2012

Casual classes from 3 January 2012

No booking necessary, just come along and enjoy the class. Classes continue during term breaks, except as marked.

Casual classes continue throughout the year

◆ not available in term breaks 19 Dec–28 Jan & 9–23 April

▲ not available term breaks, but students may attend relevant 5-day intensive as a casual class

6.15–8am	Tuesday	▲ Level 2	Juanita
10–11.30am	Tuesday	Level 1	Juanita
10.30–11.45am	Tuesday	◆ Seniors	Peter
6.15–8pm	Tuesday	Level 2	Amanda
6.30–8am	Wednesday	▲ Level 1	Amanda
10.15am–noon	Wednesday	Level 2	Amanda
10.30–noon	Wednesday	◆ Beginners	George
6–7.30pm	Wednesday	◆ Level 1	Juanita
7.30–9.15pm	Wednesday	◆ Level 2 intro	Peter
6.15–8am	Thursday	▲ Level 2 intro	Juanita
10–11.30am	Thursday	Level 1	Paul
6–7.30pm	Thursday	Level 1	Peter
7.30–9pm	Thursday	Prenatal	Juanita
9.30–11.15am	Friday	◆ Level 1/2	Peter
9.15–11am	Saturday	◆ Level 2 intro	Amanda
9.30–11am	Saturday	Level 1	Peter
11.30am–1pm	Saturday	Beginners	Amanda
4–5.30pm	Saturday	◆ Level 1	Juanita
10am–noon	Sunday	Level 2	George
12.15–1.45pm	Sunday	Level 1	George

2011–12 Holiday timetable

Casual classes for 2011 **conclude** on 19 December

Casual classes for 2012 commence 3 January

Courses for 2012 commence week of 30 January

Options

Beginners: For those with no previous yoga experience.

Level 1: For those with some previous experience; includes shoulder stand but not headstand.

Introduction to Level 2: A course providing a structured introduction to Level 2 practice, including full inversions.

Level 2: For experienced students, including full inversions, backbends and pranayama.

Pre-natal: Enjoy a healthy pregnancy. Yoga is not recommended for women between weeks 8–12 of pregnancy. Tuesdays at 8pm.

Precautions

- It is not advisable to practise yoga within three hours of eating a meal or two hours after a snack.

- Please tell your teacher about any injuries or medical conditions that may affect your practice.

Yarraville Yoga Centre

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