



# yarraville yoga centre

4 January – 18 April 2010

## 10-week courses

Starting week of **25 January 2010**.  
**Book on 9687 4418 / www.yarravilleyoga.com.au**  
 Cost: \$155/\$140 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.

<b>8pm Monday</b>	from 25 January	Amanda
<b>6.30pm Tuesday</b>	from 26 January	Heather
<b>10.30am Wednesday</b>	from 27 January	Amanda
<b>6pm Wednesday</b>	from 27 January	Peter
<b>6pm Thursday</b>	from 28 January	Juanita
<b>7.30pm Thursday</b>	from 28 January	Juanita
<b>11.30am Saturday</b>	from 30 January	Amanda

### Level 1 courses

For those with some previous yoga experience.

<b>6.30pm Monday</b>	from 25 January	Amanda
<b>8pm Monday</b>	from 25 January	Heather
<b>8pm Tuesday</b>	from 26 January	Amanda
<b>6.30am Wednesday</b>	from 27 January	Amanda
<b>6pm Wednesday</b>	from 27 January	Juanita
<b>7.30pm Wednesday</b>	from 27 January	Juanita
<b>6pm Thursday</b>	from 28 January	Peter
<b>6pm Friday</b>	from 28 January	Peter
<b>9.30am Saturday</b>	from 30 January	Peter
<b>4pm Saturday</b>	from 30 January	Juanita
<b>12.15pm Sunday</b>	from 31 January	Heather

### Introduction to Level 2 courses

For those with minimum six months Level 1 experience.

<b>6.15pm Monday</b>	from 25 January	Heather
<b>7.30pm Wednesday</b>	from 27 January	Peter
<b>6.15am Thursday</b>	from 28 January	Juanita
<b>9.15am Saturday</b>	from 30 January	Amanda

Term 2 courses commence week of 19 April 2010

## Casual classes

**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 14 Dec–24 Jan & 5–18 April.

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

6.15–8am	<b>Tuesday</b>	▲ Level 2	Juanita
10–11.30am	Tuesday	Level 1	Juanita
6.15–8pm	Tuesday	Level 2	Amanda
8–9.30pm	Tuesday	Prenatal	Heather
6.30–8am	<b>Wednesday</b>	▲ Level 1	Amanda
10.15am–noon	Wednesday	Level 2	Heather
10.30–noon	Wednesday	◆ Beginners	Amanda
6–7.30pm	Wednesday	◆ Level 1	Juanita
6.15–8am	<b>Thursday</b>	▲ Level 2 intro	Juanita
10–11.30am	Thursday	◆ Level 1	Paula
6–7.30pm	Thursday	Level 1	Peter
7.30–9.15pm	Thursday	Level 2 intro	Peter
6–7.30pm	<b>Friday</b>	◆ Level 1	Peter
9.15–11am	<b>Saturday</b>	◆ 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	<b>Sunday</b>	Level 2	Heather
12.15–1.45pm	Sunday	Level 1	Heather

## Class prices

**CASUAL CLASS:** \$18 / \$16 concession / \$10 secondary student  
 Casual class if currently enrolled in course \$14 / \$12 conc  
**10-CLASS CARD** valid for three months: \$160 / \$145 conc.  
 10-class card used concurrently with course: \$130 / \$120 conc.

## 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.

## Holidays

- Casual classes for 2009 **conclude** on 20 December
- **Casual classes** for 2010 commence 5 January
  - **Courses** for 2010 commence week of 25 January

## Yarraville Yoga Centre

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