



# yarraville yoga centre

13 July – 3 October 2010

## 10-week courses

Starting week of 12 July 2010.

Book on 9687 4418 / [www.yarravilleyoga.com.au](http://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.

8pm Monday	from 12 July	Amanda
6.30pm Tuesday	from 13 July	Heather
10.30am Wednesday	from 14 July	Amanda
6pm Wednesday	from 14 July	Peter
6pm Thursday	from 15 July	Juanita
7.30pm Thursday	from 15 July	Juanita
11.30am Saturday	from 17 July	Amanda

### Level 1 courses

For those with some previous yoga experience.

6.30pm Monday	from 12 July	Amanda
8pm Monday	from 12 July	Heather
8pm Tuesday	from 13 July	Amanda
6.30am Wednesday	from 14 July	Amanda
6pm Wednesday	from 14 July	Juanita
7.30pm Wednesday	from 14 July	Juanita
6pm Thursday	from 15 July	Peter
6pm Friday	from 16 July	Peter
9.30am Saturday	from 17 July	Peter
4pm Saturday	from 17 July	Juanita
12.15pm Sunday	from 18 July	Heather

### Introduction to Level 2 courses

For those with minimum six months Level 1 experience.

6.15pm Monday	from 12 July	Heather
7.30pm Wednesday	from 14 July	Peter
6.15am Thursday	from 15 July	Juanita
9.15am Saturday	from 17 July	Amanda

Term 4 courses commence week of 4 October 2009

## 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 20 Sept–3 Oct

▲ 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 conc. / \$10 secondary student.

If currently enrolled in course: \$14 / \$12.

**10-CLASS CARD** valid for three months: \$160 / \$145 conc.

10-class card used concurrently with course: \$130 / \$120 conc.

**UNLIMITED 1-MONTH CARD:** \$140 / \$130 conc

**10-WEEK COURSE:** \$155 / \$140 conc. / \$85 sec. student.

Enrolled in two courses: \$140 / \$125 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.

## Yarraville Yoga Centre

1st floor, 36 Ballarat Street, Yarraville 3013

Telephone 9687 4418 Fax 9482-6929

[www.yarravilleyoga.com.au](http://www.yarravilleyoga.com.au) info@yarravilleyoga.com.au