



yarraville yoga centre

valid to 19 April 2009

10-week courses

Starting week of 26 January 2009.

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

Cost: \$145/\$130 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 26 January	Amanda
6.30pm Tuesday	from 27 January	Heather
10.30am Wednesday	from 28 January	Amanda
6pm Wednesday	from 28 January	Peter
6pm Thursday	from 29 January	Juanita
7.30pm Thursday	from 29 January	Juanita
11.30am Saturday	from 31 January	Amanda

Level 1 courses

For those with some previous yoga experience.

6.30pm Monday	from 26 January	Amanda
8pm Monday	from 26 January	Heather
8pm Tuesday	from 27 January	Amanda
6.30am Wednesday	from 28 January	Amanda
6pm Wednesday	from 28 January	Juanita
7.30pm Wednesday	from 28 January	Juanita
6pm Thursday	from 29 January	Peter
6pm Friday	from 30 January	Peter
9.30am Saturday	from 31 January	Peter
4pm Saturday	from 31 January	Juanita
12.15pm Sunday	from 2 February	Heather

Introduction to Level 2 courses

For those with minimum six months Level 1 experience.

6.15pm Monday	from 26 January	Heather
7.30pm Wednesday	from 28 January	Peter
6.15am Thursday	from 29 January	Juanita
9.15am Saturday	from 31 January	Amanda

Term 1 courses commence week of 20 April 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 break 15 December 2008 – 25 January 2009 and 6–19 April 2009 ▲ not available term breaks, but students may attend relevant 5day intensive as a casual class

6.15–8am	Tuesday	▲ 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	Wednesday	▲ 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	Thursday	▲ Level 2 intro	Juanita
6–7.30pm	Thursday	Level 1	Peter
7.30–9.30pm	Thursday	Level 2	Peter
6–7.30pm	Friday	◆ Level 1	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	Heather
12.15–1.45pm	Sunday	Level 1	Heather

Class prices

CASUAL CLASS: \$17 / \$15 concession / \$9 secondary student

Casual class if currently enrolled in course \$13 / \$11 conc

10-CLASS CARD valid for three months: \$150 / \$135 conc.

10-class card used concurrently with course: \$120 / \$110 conc.

10-WEEK COURSE: \$145 / \$130 conc. / \$80 secondary student

Enrolled in two courses \$130 / \$115 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

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