

## Yoga & Meditation Timetable Term 3, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	<b>Hatha (Iyengar)</b> Nirupa - 9:30-11:00		<b>Hatha (Iyengar)</b> Johannes - 9:30-11:00	<b>Dru Yoga</b> Adrian 10:00 – 11:30		<b>Dru Yoga</b> Michelle H - 8:30-10:00	
		<b>Meditation (Term 4 only)</b> Snezana- 11:30 - 1:00	<b>Hatha (Iyengar)</b> Johannes - 11:15-12:45				
Afternoon Classes							
Evening Classes		<b>Mindfulness Workshop**</b> Adrian 7:00–8:30 (See info)	<b>Hatha Yoga</b> Shantah – 6:00-7:30	<b>Pre-Natal Yoga</b> Katie - 6:00-7:15	<b>Gentle Dru Yoga</b> Adrian 5:20 – 6:50		
	<b>Hatha Yoga</b> Denise - 7:45-9:00		<b>Dru Yoga</b> Adrian – 7:40 – 9:10	<b>Birth Circle</b> Katie - 7:15-9:00	<b>Nidra Guided Meditation</b> Adrian – 7:00 -8:00		

### Dru Yoga

Dru Yoga is a graceful & potent form of yoga, based on soft flowing movements, controlled directed breathing & relaxation. This class works on body, mind & spirit – releasing stress & fatigue, building heightened positive feelings, balancing chakras & accessing the powerful energy of the heart.

### Gentle Dru Yoga

A sequence of postures & that focuses on slow deliberate movements with the aim of gently opening up the physical body whilst at the same time quieten the mind is ideal for those of any fitness level or new to yoga or those who simply prefer their yoga to be more gently paced.

### Dynamic Hatha (Iyengar) Yoga

Dynamic Yoga has its origins in Hatha and Iyengar Yoga styles where classic asanas (postures) are taught along with breathing techniques in a focused and deliberate manner. Dynamic yoga classes tend to be more strenuous with emphasis on strength, balance, alignment and flexibility. Suitable for enthusiastic beginners and intermediate students.

### Hatha Yoga

Hatha Yoga is designed to bring about balance within the mind and body, incorporating the breath in synchronisation with movement. A gentle focus on physical alignment is developed, which increases endurance, strength and flexibility, and when used in conjunction with the breath – which acts as a tool to sustain the poses - it enhances the ability to yield the many benefits of Yoga. Static and fluid movements work hand in hand to bring about the transformation within the mind and body. Suitable for students of all levels.

### Nidra Guided Meditation

Yoga Nidra is a deep relaxation practice where participants lay on a mat & listen to guided instructions. It quickly quietens your mind and on a deep level releases physical tension with the aim for you to leave totally relaxed & refreshed. Note: If you choose there is no need to change into yoga attire as there is no movement, you can simply come in and lay on the mat.

### Meditation with Snezana – (Term 4)

Snezana's Meditation classes provide a transformational healing for mind, body & spirit, empowering you with lasting powerful life-skills that will help you harmonize your energy flow, improve your health, find emotional balance and connect with your inner guidance.

The classes are a holistic combination of; Bodywork (relaxation/breath work/yoga elements) and learning about a variety of Spiritual & intuitive development topics (like crystals, chakras, healing work, emotional triggers, manifestation, creating happiness & success, clearing & recharging aura, sound as medicine, shamanism) and learning different techniques of Meditation.

### Kundalini Yoga

Kundalini Yoga nourishes and strengthens your nervous and hormonal system, allowing you to have greater strength & balance in your day to meet everything that life brings. Kundalini yoga is a unique combination of asanas (postures), pranayama (breathing), mantra (sound) and meditation, threaded together into a specific sequence which targets an aspect of the Self to develop. It is a yoga, in which you can conquer the mind, expand your consciousness, and improve your health, flexibility and creativity.

### Pre-Natal Yoga

This class supports physical fitness by developing strength and stamina, easing discomforts, and encouraging mental and emotional wellbeing during pregnancy. Creating a nurturing environment that can help mothers-to-be connect with their bodies and their babies. A focus is on breathing techniques and relaxation to assist in preparing for birth on all levels: mental, physical, and emotional. Increased awareness through meditation help to keep you focused and relaxed into birth and beyond.

### Birth Circle

This weekly Pregnancy Support Circle is open to those currently pregnant and needing information, nurturing, connection, sharing, and support, and those women supporting this process. This is an environment where you can tune-in to you, and your baby and the journey that is unfolding and make conscious decisions about the directions you take.

### Mindfulness Workshop

**A 6 week course starting 15<sup>th</sup> August**  
**Details over page**

## Mindfulness Workshop

Mindfulness is simply the art of gaining greater awareness from moment to moment & thinking in a certain way. Although its roots are Buddhist based, modern science have concluded through 1000's of clinical trials that mindfulness aids in many areas of our busy lives, such as calm mind clarity, improved focus, as well reducing anxiety & stress. With these issues, more in check, our overall thinking is improved, we are less stressed and can deal with life's buffeting better and our communication with others is more effective.

The facilitator is Adrian Penberthy. Adrian is a yoga / meditation / mindfulness teacher. After many years in the fast-paced fashion corporate sector, he learned that success and money (like many) did not lead to true happiness. So, his search began and he has found that a greater sense of calm clarity can be found between our ears through living a more mindful life.

These evenings will outline mindfulness history, methods to gain greater awareness, benefits, the science and impart some tools to weave mindfulness into your lives.

### WORKSHOP DATES

8 Aug Session 1	Mindfulness 101
15 Aug Session 2	How & Why it Works & Benefits
23 Aug Session 3	Mindfulness - Stress & Anxiety
30 Aug Session 4	The Science of Mindfulness
5 Sep Session 5	Workplace & Communication
12 Sep Session 6	Living Mindfully

Cost \$40 per session and you can pick & choose the sessions you wish to attend or join us for all the sessions and pay only \$199

**\*Bookings essential**

## General Information – All Classes

Yoga and meditation classes are held in our fully air-conditioned & carpeted room upstairs at 70 Commercial Place, Eltham. Please bring your own yoga mat for classes, wear comfortable clothing & clean feet! To gain the best results, we encourage you to participate regularly, making it a practice that becomes a part of your weekly and daily life. For teacher profiles, please see our website.

## Term Dates & Public Holidays

Term 3: Monday 17<sup>th</sup> July 2017 – Sun 24<sup>th</sup> September 2017

## Yoga Payment Information

Casual Yoga Class	\$20	Concession \$18
Yoga 10 Week Term	\$160	
Ten Class Casual Yoga Pass	\$180	
Pre-Natal Yoga 5 Weeks	\$100	Casual: \$25
Birth Circle	\$10	Casual: \$16
Meditation (Snezana) (returning in Term 4)	\$220	Casual: \$25
Nidra Guided Meditation Term)	\$150	Casual:\$17

To secure your place in the class, all casual classes must be booked and paid for in advance. Term package prices are only applicable if paid within the first two weeks of term.

## Opening Hours

	Appointments	Reception
Monday – Friday	9:00am – 9:00pm	9:00am – 5:00pm
Saturday	8:30am – 7:30pm	8:30am – 3:00pm
Sunday	10:00am – 4:00pm	Appointments Only

## Other Services

- Remedial Massage, Therapeutic/Relaxation Massage
- Pre-Natal Massage & Reflexology
- Naturopathy, Chinese Medicine & Acupuncture
- Fertility, Pregnancy & IVF Support
- Anti-aging Treatments, Skin Therapies & Waxing

# Sentient Being

Medicine for skin, body & movement

# Yoga & Meditation Timetable

17<sup>th</sup> July – 24<sup>th</sup> September

**Term 3, 2017**

**(10 weeks)**

*Your Wellness Journey Begins Here*

70 Commercial Place, Eltham 3095

[www.sentientbeing.com.au](http://www.sentientbeing.com.au)

**9431 3950**