

Yoga & Meditation Timetable Term 4, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes	Hatha (Iyengar)* Nirupa - 9:30-11:00		Hatha (Iyengar) Johannes - 9:30-11:00	Dru Yoga Adrian 10:00 – 11:30		Dru Yoga Michelle H - 8:30-10:00	
		Meditation Workshop Snezana- 11:30 - 1:00	Hatha (Iyengar) Johannes - 11:15-12:45				
Afternoon Classes							
Evening Classes		Mindfulness Workshop Adrian 7:00–8:30	Hatha Yoga Shantah – 6:00-7:30	Pre-Natal Yoga Katie - 6:00-7:15	Nidra Guided Meditation Adrian- 6.30- 7.30		
	Hatha Yoga Denise - 7:45-9:00		Dru Yoga Adrian – 7:40 – 9:10	Birth Circle Katie - 7:15-9:00			

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

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.

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

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

17 Oct Session 1 – Mindfulness 101
24 Oct Session 2 – How & Why it Works & Benefits.
31 Oct Session 3 – Mindfulness - Stress & Anxiety
07 Nov Session 4 – The Science of Mindfulness
14 Nov Session 5 – Workplace & Communication
21 Nov Session 6 – Living Mindfully

***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.

***Please note Monday mornings 9.30am Hatha Yoga will only proceed on the day if there is two or more bookings. In the case there is**

Term 4 Dates

Term 4 timetable will commence on the 09th of October through to the 22nd of December

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)	\$220	Casual: \$25
Nidra Guided Meditation Term	\$150	Casual: \$25
Mindfulness Workshop Term	\$249	Casual: \$49

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



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Term 4

09th October – 22nd
December

70 Commercial Place, Eltham 3095

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