



**Summer Timetable**  
**Holiday classes & Term 1 2019**

**CLASSES COMMENCE MONDAY 4 FEBRUARY**

Monday	8.00 am	Gentle yoga for the not so young (1 hour)
Monday	9.30 am	Beginners
Monday	7.00 pm	Beginners
Tuesday	9.30 am	Beginners
Tuesday	7.00 pm	Beginners
Wednesday	9.30 am	General
Wednesday	7.00 pm	General
Thursday	9.30 am	Beginners
Thursday	7.00 pm	Beginners
Friday	6.00 am	Open
Saturday	8.00 am	General

**COST**

Term Payments in advance -

Mondays	9 weeks	\$ 135
Tuesdays	10 weeks	\$ 150
Wednesday	10 weeks	\$ 150
Thursdays	10 weeks	\$ 150
Fridays	10 weeks	\$ 150
Saturdays	10 weeks	\$ 150

Casual classes \$16

**VENUE**

**Pallottine Centre, 50 Fifth Avenue, Rossmoyn e**

*Classes/venues/prices subject to change  
No classes on public holidays*

*Term fees are not transferable to the next term.*

*If you miss your regular class the missed class may be made up during the current term by attending another advertised class.  
If extraordinary circumstances arise talk to your teacher.*

*As taking fees in class is very time consuming we accept fees in advance for the forthcoming term. You will still be able to pay on the first night if it is not convenient to pay beforehand.*

**SUMMER HOLIDAY COURSE JANUARY 2019**

The holiday course classes, suitable for students of all levels, will be held on -

Tuesdays	9.30 am & 7 pm	8, 15, 22, 29	January
Thursdays	9.30 am & 7 pm	10, 17, 24, 31	January
Cost	4 classes \$60. Casual classes \$20		

**PRIVATE CLASSES**

Private classes are yoga sessions designed for people who, for one reason or another, may not be able to attend a class. For example, the student may have a specific problem that needs to be dealt with on a one to one basis.

Students generally find that after a short course of private classes they are then able to integrate into a regular class. During private classes a programme suitable for the individual may be worked out so that the student can practice a specific sequence to suit them at that time.

Each session runs for approximately one hour.

**COST PER SESSION \$70.00**

Please arrive at class in time to be set up and on your mat for start of class. No earlier than 15 to 20 minutes prior to start time as your teacher needs time for setup and quiet reflection before the class commences. If you are late come in and set up quietly so other students are not disturbed. Thank you.

**ENQUIRIES, ENROLMENTS AND PAYMENT**

At class	Register on list on the desk
Email	<a href="mailto:yogarossmoyn e@bigpond.com">yogarossmoyn e@bigpond.com</a>
Phone	9354 2221

**ENROLMENTS ESSENTIAL**



Anne Horsley , Chris Taylor,  
Mary Matthews and Sharon James are  
Certified Iyengar Yoga Teachers  
Relief teachers are Certified Iyengar  
Teachers or Teacher Trainees

*The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it.*

*B.K.S. Iyengar*

