



Timetable Term 2 2018
 Yoga taught in the Iyengar Tradition

CLASSES COMMENCE MONDAY 30 APRIL

ENROLMENTS ESSENTIAL

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 (1 hour)
Saturday	8.00 am	General

Equipment provided. Unless specified classes 1.5 hours

LAST CLASS TERM 1 SATURDAY 14 APRIL
FIRST CLASS TERM 2 MONDAY 30 APRIL
LAST CLASS TERM 2 SATURDAY 30 JUNE

PRIVATE TUITION

Private classes are yoga sessions designed for students, new or existing, with 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 sessions 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.

If you are interested in private yoga sessions please contact Anne or Chris to make an appointment. Each session runs for approximately one hour.

COST PER SESSION \$70.00

CHAIR BHARADVAJASANA

Enjoy this simple version of **Bharadvajasana**.



Sit through the back of the chair. Turn to the right, hold the back of the chair with the left hand and the seat of the chair with the right hand, as shown. Repeat to the left.

Benefits - helps to keep the back and shoulders mobile and supple, can assist with arthritis in spine, stimulates and improves digestion.

Caution - learn under the guidance of a certified Iyengar teacher before attempting on your own.

COST

Term Payments in advance -

Mondays	8 weeks	\$ 96
Tuesdays	9 weeks	\$ 108
Wednesday	9 weeks	\$ 108
Thursdays	9 weeks	\$ 108
Fridays	9 weeks	\$ 108
Saturdays	9 weeks	\$ 108

Casual classes \$16

No classes are held on public holidays

MONDAY 4 JUNE WESTERN AUSTRALIA DAY

VENUE

Pallottine Centre, 50 Fifth Avenue, Rossmoyne

Classes/venues/prices subject to change

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.

PROPS

Mats, bolsters, straps, blocks, eye bags and books are available for purchase at classes.



ENQUIRIES AND ENROLMENTS
NOTE - ENROLMENTS ESSENTIAL

Phone 9354 2221

Email yogarossmoyne@bigpond.com

Register at class

Post your registration and fees to -
 PO Box 748 Willetton WA 6955

Payments can be made via
 cash or personal cheque

EFT facilities are available - please email
 yogarossmoyne@bigpond.com for details

Sorry no credit card facilities available



Anne Horsley, Chris Taylor,
 Marianne Annese, Mary Matthews
 and Sharon James are
 Certified Iyengar Yoga Teachers

*Relief teachers are Certified Iyengar
 teachers or teacher trainees*