



**Timetable Term 2 2019
 Yoga taught in the Iyengar Tradition**



CLASSES COMMENCE MONDAY 29 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

Unless specified classes 1.5 hours. Equipment provided.

COST

Term Payments in advance -

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

Casual classes \$20

No classes are held on public holidays

MONDAY 3 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.



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

LAST CLASS TERM 1 SATURDAY 13 APRIL

FIRST CLASS TERM 2 MONDAY 29 APRIL

LAST CLASS TERM 2 SATURDAY 6 JULY

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

PARVATASANA IN VIRASANA

To sit in virasana kneel with knees together, feet apart and roll the calf muscles away from the back of the knees and out to the sides then sit back between the feet. Use height as needed, no strain should be felt in the knees. Spine erect, side body long. Interlace the fingers and turning the palms away from you extend the arms forward and up, elbows straight. Lift the side body well. Bring the arms down to shoulder height then change the lock of the fingers and repeat the lift of the arms.

Caution - students with bad knees or shoulders should only do under the guidance of a qualified Iyengar teacher. Avoid or modify according to teacher instructions.



Kathy Elwell
 Relief teacher

PROPS

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



ENQUIRIES, ENROLMENTS AND PAYMENT

At class	Register on list on the desk
Email	yogarossmoyme@bigpond.com
Phone	9354 2221

PAYMENT OPTIONS

Cash, cheque (pay IYENGAR YOGA CENTRE OF ROSSMOYNE)
 EFT - account details available on enrolment