

SUMMER YOGA COURSES



			PLEASE TICK
3-7 January	Introduction to Shadow Yoga \$100	6:00-7:15am <i>Louise</i>	<input type="radio"/>
9-13 January	Cultivating Personal Practice <i>Staggered start times</i> \$125	from 6:10am <i>Louise</i>	<input type="radio"/>
9-13 January	Chaya Yoddha Sancalanam and growing a lotus \$105	6:15-7:30am <i>Rebecca</i>	<input type="radio"/>
16-20 January	Cultivating Personal Practice <i>bookings only-see Louise</i> \$125 or \$220 both weeks (staggered start times)	from 6:10am <i>Louise</i>	<input type="radio"/>
16-20 January	Introduction to Shadow Yoga \$100	6:00-7:15am <i>Kristen</i>	<input type="radio"/>
23-27 January	Introduction to shoulderstand in Shadow Yoga \$125	6:00-7:15am <i>Louise</i>	<input type="radio"/>
23-27 January	Balakrama and growing a lotus \$105	6:15-7:30am <i>Rebecca</i>	<input type="radio"/>

Course Registration

Total Amount Enclosed \$.....

Name.....

Address.....

.....Postcode.....

Phone (home).....(work).....

Email.....

Medical conditions.....

Where did you hear about us?.....

Introduction to Shadow Yoga

3-7 January and/or 16-20 January \$100 (each week)

Improve circulation, concentration, strength and calm.

Appropriate for all new to Yoga and Shadow Yoga.

Cultivating Personal Practice

9-13 January and/or 16-20 January. \$125 – 1 week. \$220 – 2 weeks

Your practice will develop through refinement of prelude and application of asana with one-on-one assistance from the teacher.

Prerequisite: knowledge of a Shadow Yoga prelude.

Chaya Yoddha Sancalanam and growing a lotus

9-13 January. \$105

This prelude teaches coordination and rhythm. Prerequisite: some Shadow Yoga experience.

Introduction to Astrology

20 January – 24 February. \$180

Understand your chart. A 6 week course with professional astrologer Stephen Heywood Smith.

Friday evenings, 6:15pm.

Introduction to Shoulderstand

23-27 January. \$125

Prerequisite: Mayurasana Dandasana and (5 minute) Paschimottanasana.

Balakrama and growing a lotus

23-27 January. \$105

This practice strengthens your bones, blood and breath.

Term Calender

2 January 2012

29 Jan. (Sunday)

30 January

Yoga Moves re-opens

3 Free Classes – Bring a Friend!

Iyengar 10am, Shadow 11am,

Introduction to Astrology 12:30pm.

Term 1 courses commence (10 weeks)

Casual Classes 3-28 January

Shadow Yoga

Prelude casual classes.

Every Monday and Wednesday

at 6:15pm (some Shadow

Yoga experience)

- Intro Shadown, Tuesdays, 7pm – ALL WELCOME

Relax and Renew

- Fridays, 6pm (from 13 Jan.) ALL WELCOME

Iyengar

The following classes through

January are open to all.

- Mondays 6:15pm
- Tuesdays, 4:00pm
- Wednesdays, 9:30am & 6:15pm
- Thursdays, 7:30pm
- Saturdays, 9am
- Introduction to Iyengar Yoga, Mondays, 7:45pm

PRENATAL

Prenatal, Sundays, 11:15am
(note new time)

Shadow Yoga

Founded by Zhander Remete, Shadow Yoga is taught through the practice of set forms. These forms are made up of linear and circular activities which release obstructions in the body and spine. The style is graceful, fluid, and dynamic with an equal emphasis on movement and breath.

Shadow Yoga Classes

Shadow Introduction – Introduces form, philosophy and breath.

Prelude Introduction – Introduces a full prelude. (Shadow Yoga introductory course is a prerequisite).

Shadow Yoga Preludes:

Bala Krama – builds strength and endurance

Chaya Yoddha Sancalanam – (*Churning of the shadow warrior*).

builds coordination and rhythm.

Karttikeya Mandala – (*garland of light*). Increases circulation and penetration.

Cultivating Personal Practice – One-to-one style teaching.

Bookings only.

Iyengar Yoga

Developed by BKS Iyengar, Iyengar Yoga focuses primarily on the structural alignment of the physical body accommodating individual needs through the use of props and coordinated breathing.

Iyengar Yoga Classes

General – Open to all

Beginners – Step-by-step intro.

Level 1 – Consolidates beginners poses and introduces preparations for inversions and the sun series.

Levels 1 & 2 – A deeper practise

Pre/Post Natal Yoga

Classes focus on creating space for mother and baby – physically, through yoga postures which keep the body strong and supple, and mentally through relaxation and breathing techniques.



Term Courses

By enrolment only. A deposit of \$50 is required to hold a place. Balance of course fees is due at start of course. Deposits & course fees are non-refundable. All course classes must be used within the given term.

Essentials

- Yoga is for all ages and levels of fitness
- Wear comfortable, stretchy clothing
- Please allow 3 hours after a meal before you practice
- Tell your teacher if you have any physical restrictions or conditions before class
- Please arrive at least 5 minutes before your class.

Class Cost

\$22 Casual attendance

\$25 Prenatal

\$25 Casual course attendance

\$200 Block

\$220 Prenatal block

Private tuition available by appointment.

Cultivating Personal Practice

1 week = \$125

2 week = \$220

For more information visit: www.yogamoves.org

Yoga is for anyone interested in the general upliftment of the human individual. The cultivation of yoga develops vitality and strength. It detoxifies the blood and internal organs, improves the immune system, helps eliminate stress, enhances mental alertness and clarity, and reverses the degenerative process allowing us to live a longer, friendlier, happier, healthier life.

Yoga Moves is a dynamic and progressive yoga school where dedicated teachers guide students to their full potential. Classes range from beginner to advanced levels. Yoga Moves offers holiday immersions as well as workshops with visiting teachers. Two types of hatha yoga are offered – Shadow Yoga and Iyengar Yoga.



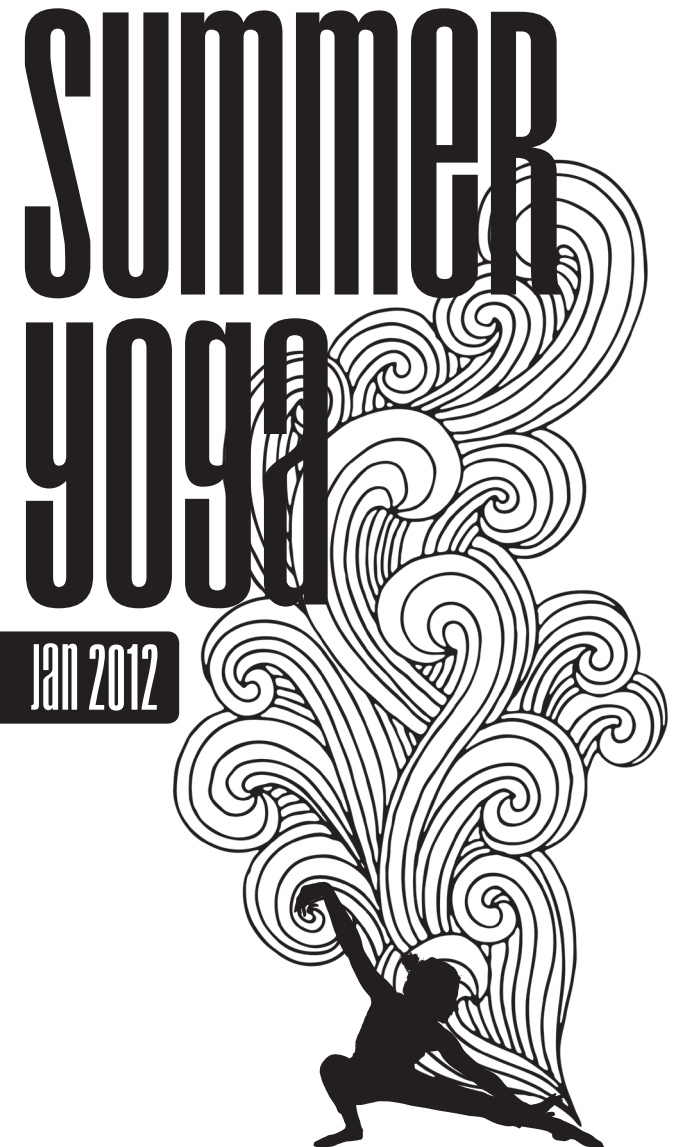
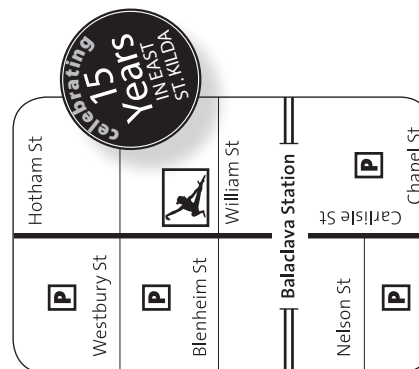
Louise Goodvach
Director



Louise is qualified by Zhander Remete, founder of the Shadow School of Yoga. She teaches together with Joshua Arzt, Rebecca Barlow, Kristen Molloy (Shadow trained), Patrick Costello, Fiona Conway, Geraldine Morey, Sophie Chandler, Katie Frank (Iyengar Certified), and Renate Vetter (Iyengar trained).



2 William Street
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