

10 Week Courses

Commence 12 July - \$180

Shadow Yoga

Introduction

Monday	12 July – 13 September	7:45 - 9:00 pm	Louise	<input type="radio"/>
Tuesday	13 July – 14 September	6:15 - 7:30 pm	Joshua	<input type="radio"/>
Thursday	15 July – 16 September	6:00 - 7:15 am	Joshua	<input type="radio"/>
Thursday	15 July – 16 September	9:30 - 10:45 am	Pam	<input type="radio"/>
Thursday	15 July – 16 September	7:30 - 8:45 pm	Rebecca	<input type="radio"/>
Sunday	18 July – 19 September	9:00 - 10:15 am	Rebecca	<input type="radio"/>

Prelude Introduction Shadow Yoga Introductory Course is a prerequisite

Tuesday	13 July – 14 September	7:30 - 8:45 pm	Joshua	<input type="radio"/>
Thursday	15 July – 16 September	6:15 - 7:30 pm	Rebecca	<input type="radio"/>
Sunday	18 July – 19 September	10:15 - 11:30 am	Rebecca	<input type="radio"/>

Preludes Shadow Yoga Introductory Course is a prerequisite

Monday	12 July – 13 September	6:15 - 7:30 pm	Louise	<input type="radio"/>
Tuesday	13 July – 14 September	6:00 - 7:15 am	Louise	<input type="radio"/>
Wednesday	14 July – 15 September	6:15 - 7:30 pm	Louise	<input type="radio"/>
Wednesday	14 July – 15 September	7:45 - 9:00 pm	Louise	<input type="radio"/>
Friday	16 July – 17 September	9:30 - 10:45 am	Pam	<input type="radio"/>

Cultivating Personal Practice

Wednesday	Bookings from 6:15 am	Louise	<input type="radio"/>
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Yoga for Children (see flyer/website)

Tuesday (NEW)	13 July – 14 September	4:00 - 5:00 pm	Arlene	<input type="radio"/>
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Iyengar Yoga

Introduction

Tuesday	13 July – 14 September	7:45 - 9:00 pm	Patrick	<input type="radio"/>
Wednesday	14 July – 15 September	8:00 - 9:15 pm	Renate	<input type="radio"/>
Thursday	15 July – 16 September	6:15 - 7:30 pm	Fiona	<input type="radio"/>

Level 1

Monday	12 July – 13 September	7:45 - 9:15 pm	Patrick	<input type="radio"/>
Tuesday	13 July – 14 September	6:00 - 7:30 am	Patrick	<input type="radio"/>
Wednesday	14 July – 15 September	6:15 - 7:45 pm	Renate	<input type="radio"/>

Level 1 & 2

Monday (NEW)	12 July – 13 September	6:15 - 7:45 pm	Patrick	<input type="radio"/>
Tuesday	13 July – 14 September	6:15 - 7:45 pm	Patrick	<input type="radio"/>
Thursday	15 July – 16 September	7:30 - 9:00 pm	Fiona	<input type="radio"/>

Level 2 - Introduction

Thursday	15 July – 16 September	6:00 - 7:30 am	Patrick	<input type="radio"/>
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Amount Enclosed \$

Name

Address

Postcode

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

Email

Medical conditions

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

REGISTRATION

PLEASE TICK

Casual Classes

* Shadow course prerequisite

Tuesday	9:30 – 11 am	General Iyengar	Lee
Wednesday (NEW)	9:30 – 11:00 am	General Iyengar	Renate
Friday	6:00 – 7:15 am	Full Shadow Format*	Louise
Saturday	9:00 – 10:30 am	General Iyengar	Patrick
	11:00 – 12:15 pm	Pre-natal	Sally

Shadow Yoga Courses

Mondays	6:15 – 7:30 pm	Prelude	Louise
	7:45 – 9:00 pm	Shadow Introduction	Louise
Tuesdays	6:00 – 7:15 am	Prelude	Louise
	6:15 – 7:30 pm	Shadow Introduction	Joshua
	7:30 – 8:45 pm	Prelude Introduction	Joshua
Wednesdays	6:15 – 8:30 am	Cultivating Personal Practice	Louise
	6:15 – 7:30 pm	Prelude	Louise
	7:45 – 9:00 pm	Prelude	Louise
Thursdays	6:00 – 7:15 am	Shadow Introduction	Joshua
	9:30 – 10:45 am	Shadow Introduction	Pam
	6:15 – 7:30 pm	Prelude Introduction	Rebecca
	7:30 – 8:45 pm	Shadow Introduction	Rebecca
Friday	9:30 – 10:45 am	Prelude	Pam
Sunday	9:00 – 10:15 am	Shadow Introduction	Rebecca
	10:15 – 11:30 am	Prelude Introduction	Rebecca

Iyengar Yoga Courses

Monday (NEW)	6:15 – 7:45 pm	Level 1 + 2	Patrick
	7:45 – 9:15 pm	Level 1	Patrick
Tuesday	6:00 – 7:30 am	Level 1	Patrick
	6:15 – 7:45 pm	Level 1 + 2	Patrick
	7:45 – 9 pm	Beginners	Patrick
Wednesday	6:15 – 7:45 pm	Level 1	Renate
	8:00 – 9:15 pm	Beginners	Renate
Thursday	6:00 – 7:30 am	Level 2	Patrick
	6:15 – 7:30 pm	Beginners	Fiona
	7:30 – 9:00 pm	Level 1 + 2	Fiona

Term Break Programs

Monday 28 June – Sunday 11 July

All regular casual classes will be held during this time as well as:

Shadow Yoga

28 & 30 June Prelude casual class. Mon & Wed at 6:15 pm
5 & 7 July (also suitable for Intro Prelude students)

28 June–2 July Introduction to Shadow Yoga, 6:00am daily, \$95

Iyengar Yoga

28 & 30 June General casual class. Mon & Wed at 6:15 pm
5 & 7 July All welcome!

5 - 8 July Early Morning Immersion, 6-7:30am daily, \$85
(6 months experience required)

What's on in 2010

14 June	Queens B-Day ~ All classes on thru weekend
28 June	Ayurvedic consultation w/ Rama Prasad
10 July	2 Free Classes – Bring a Friend! Iyengar 12 noon + Shadow 1pm
12 July	Term 3 courses commence
26 July	Ayurvedic consultation w/ Rama Prasad
16 August	Ayurvedic consultation w/ Rama Prasad
13 September	Ayurvedic consultation w/ Rama Prasad
4 October	Term 4 courses commence
29 October	FREE lecture with Emma Balnaves Nata Yoga at 6pm – All Welcome
30 Oct. – 7 Nov.	Nata Yoga with Emma Balnaves

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.

Casual

No enrolment required. Includes school and public holidays.

\$20 Casual attendance
\$22 Casual course attendance (if space available).

\$180 Block of 10 classes (3 months /non-transferable)

Private tuition available by appointment.

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.

Iyengar Yoga

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
Level 2 – More challenging. Includes Inversions

Shadow Yoga

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 - stepping into strength.
Chaya Yodha Sanchalanam (Churning of the shadow warrior). Intermediate form that strengthens the breath.

Karttikeya Mandala (garland of light). Refines the breath through circular body movements.

Personal Practice ~ one-to-one style teaching. Bookings only.

Full Shadow Format – prelude >asana >conclusion (Shadow course prerequisite)

Pre/Post Natal Yoga

Nurture and support for mother & child (see prenatal flyer)

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 founded by Zhander Remete 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.

IYENGAR YOGA as developed by BKS Iyengar focuses primarily on the structural alignment of the physical body accommodating individual needs through the use of props and coordinated breathing.



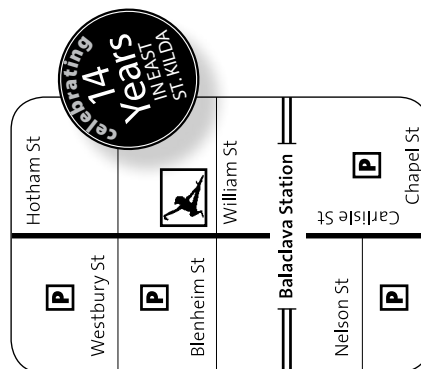
Louise Goodvach
Director



Louise is qualified by Zhander Remete, founder of the Shadow School of Yoga. She teaches together with Pam Richardson, Joshua Arzt and Rebecca Barlow (Shadow trained), Patrick Costello, Fiona Conway, Lee Treloar, Alan Talbot and Sally Russell (Iyengar Certified). Renate Vetter (Iyengar trained), and Arlene Kaplan (KHYF Certified).



2 William Street
Balaclava 3183



yogamoves



Winter Timetable June – September 2010

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(cnr Carlisle St. opposite BP station)

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