

# 11 Week Courses

Commence 4 October - \$198

## Shadow Yoga

Introduction				PLEASE TICK
Monday	4 Oct - 13 Dec	7:45 - 9:00 pm	Loise	<input type="radio"/>
Tuesday	5 Oct - 14 Dec	6:15 - 7:30 pm	Joshua	<input type="radio"/>
Thursday	7 Oct - 16 Dec	6:00 - 7:15 am	Joshua	<input type="radio"/>
Thursday	7 Oct - 16 Dec	9:30 - 10:45 am	Pam	<input type="radio"/>
Thursday	7 Oct - 16 Dec	7:30 - 8:45 pm	Rebecca	<input type="radio"/>
Sunday	10 Oct - 19 Dec	9:00 - 10:15 am	Rebecca	<input type="radio"/>

Prelude Introduction				PLEASE TICK
Shadow Yoga Introductory Course is a prerequisite				
Tuesday	5 Oct - 14 Dec	7:30 - 8:45 pm	Joshua	<input type="radio"/>
Thursday	7 Oct - 16 Dec	6:15 - 7:30 pm	Rebecca	<input type="radio"/>
Sunday	10 Oct - 19 Dec	10:15 - 11:30 am	Rebecca	<input type="radio"/>

Preludes				PLEASE TICK
Shadow Yoga Introductory Course is a prerequisite				
Monday	4 Oct - 13 Dec	6:15 - 7:30 pm	Loise	<input type="radio"/>
Tuesday	5 Oct - 14 Dec	6:00 - 7:15 am	Loise	<input type="radio"/>
Wednesday	6 Oct - 15 Dec	6:15 - 7:30 pm	Loise	<input type="radio"/>
Wednesday	6 Oct - 15 Dec	7:45 - 9:00 pm	Loise	<input type="radio"/>
Friday	8 Oct - 17 Dec	9:30 - 10:45 am	Pam	<input type="radio"/>

Cultivating Personal Practice				PLEASE TICK
Wednesday	Bookings from 6:15 am		Loise	<input type="radio"/>

## Iyengar Yoga

Introduction				PLEASE TICK
Tuesday	5 Oct - 14 Dec	7:45 - 9:00 pm	Patrick	<input type="radio"/>
Wednesday	6 Oct - 15 Dec	8:00 - 9:15 pm	Renate	<input type="radio"/>
Thursday	7 Oct - 16 Dec	6:15 - 7:30 pm	Fiona	<input type="radio"/>

Level 1				PLEASE TICK
Monday	4 Oct - 13 Dec	7:45 - 9:15 pm	Patrick	<input type="radio"/>
Tuesday	5 Oct - 14 Dec	6:00 - 7:30 am	Patrick	<input type="radio"/>
Wednesday	6 Oct - 15 Dec	6:15 - 7:45 pm	Renate	<input type="radio"/>

Level 1 & 2				PLEASE TICK
Monday <small>(NEW)</small>	4 Oct - 13 Dec	6:15 - 7:45 pm	Patrick	<input type="radio"/>
Tuesday	5 Oct - 14 Dec	6:15 - 7:45 pm	Patrick	<input type="radio"/>
Thursday	7 Oct - 16 Dec	7:30 - 9:00 pm	Fiona	<input type="radio"/>

Level 2 - Introduction				PLEASE TICK
Thursday	7 Oct - 16 Dec	6:00 - 7:30 am	Patrick	<input type="radio"/>

Amount Enclosed \$

Name .....

Address .....

..... Postcode .....

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

Email .....

Medical conditions .....

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

REGISTRATION

# Casual Classes

## Weekly Casual Classes

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

\* Shadow course prerequisite

## Spring Term Calendar

20 Sept - 3 Oct	Term break programs (see below)
<b>2 October</b>	<b>2 Free Classes - Bring a Friend!</b> <b>Iyengar 12 noon + Shadow 1pm</b>
4 Oct	Term 3 courses commence
11 Oct	Ayurvedic consultation w/ Rama Prasad
16 Oct	<b>Free Lecture:</b> Introduction to Astrology at 1pm, all welcome
<b>29 October</b>	<b>Free lecture with Emma Balnaves</b> <b>Nata Yoga at 6pm - All Welcome</b>
30 Oct - 7 Nov	Nata Yoga with Emma Balnaves
6 Nov	Introduction to Astrology, 2-3:30pm with Stephen Heywood-Smith (see flyer)
15 Nov	Ayurvedic consultation w/ Rama Prasad
13 Dec	Ayurvedic consultation w/ Rama Prasad
20 Dec - 30 Jan '11	Summer Program (see flyer)
31 Jan 2011	Term 1 courses commence

## Term Break

### 20 September - Sunday 3 October

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

Shadow Yoga	
20, 22, 27 & 29 Sept	Prelude casual class. Mon & Wed at 6:15 pm (also suitable for Intro Prelude students)
27 - 29 Sept	Cultivating Uddiyana Bandha 6-7:15am daily, \$65.
Iyengar Yoga	
20, 22 & 29 Sept	General casual class. Mon & Wed at 6:15 pm All students welcome.
20 - 23 Sept	Cultivating Self Practice 6-7:30am daily, \$90. Strictly Bookings Only

**10% off** When you introduce a friend new to Yoga Moves (course enrolment) receive 10% off your course fee.

## 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** - stepping into strength.

**Chaya Yoddha Sancalanam**

- (*Churning of the shadow warrior*). Intermediate form that strengthens the breath.

**Kartikeya 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*)

## 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

**Level 2** - More challenging.

Includes Inversions

## 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.

### Pre/Post Natal Yoga Classes

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



### 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.

### Casual Classes

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.

For more information visit: [www.yogamoves.org](http://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.



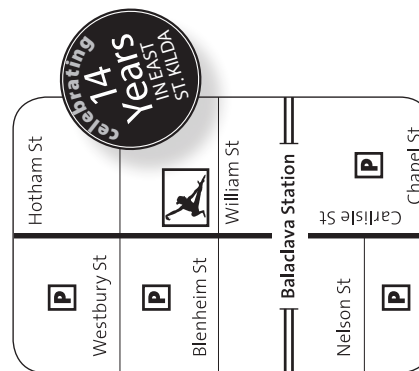
**Louise Goodvach**  
Director



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



2 William Street  
Balaclava 3183



# yogamoves



## Spring into Spring Timetable Sept – Dec 2010

2 William Street Balaclava 3183  
(cnr Carlisle St. opposite BP station)

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