

10 Week Courses (unless indicated otherwise)

Commence 30 January- \$200

Shadow Yoga

				PLEASE TICK
Introduction				
Monday	30 Jan. – 2 April	7:45 – 9:00pm	Louise	<input type="radio"/>
Tuesday	31 Jan. – 3 April	6:15 – 7:30pm	Joshua	<input type="radio"/>
Thursday	2 Feb. – 5 April	6:00 – 7:15am	Kristen	<input type="radio"/>
Thursday	2 Feb. – 5 April	7:30 – 8:45pm	Rebecca	<input type="radio"/>
Friday	3 Feb. – 24 Feb. (4 wks/\$80)	8:00 – 9:15am	Joshua	<input type="radio"/>
Friday	9 March – 30 March (4 wks/\$80)	8:00 – 9:15am	Joshua	<input type="radio"/>
Sunday <small>(NEW)</small>	5 Feb. – 1 April (9 wks/\$180)	9:15 – 10:30am	Rebecca	<input type="radio"/>

Prelude Introduction Shadow Yoga Introduction is a prerequisite

Monday	30 Jan. – 2 April	6:00 – 7:15am	Kristen	<input type="radio"/>
Tuesday	31 Jan. – 3 April	7:30 – 8:45pm	Joshua	<input type="radio"/>
Thursday	2 Feb. – 5 April	6:15 – 7:30pm	Rebecca	<input type="radio"/>
Sunday <small>(NEW)</small>	5 Feb. – 1 April (9 wks/\$180)	8:00 – 9:15am	Rebecca	<input type="radio"/>

Preludes Shadow Yoga Prelude Introduction is a prerequisite

Monday	30 Jan. – 2 April	6:15 – 7:30pm	Louise	<input type="radio"/>
Tuesday	31 Jan. – 3 April	6:00 – 7:15am	Louise	<input type="radio"/>
Wednesday	1 Feb. – 4 April	6:15 – 7:30pm	Louise	<input type="radio"/>
Wednesday	1 Feb. – 4 April	7:45 – 9:00pm	Louise	<input type="radio"/>
Friday	3 Feb. – 30 Mar. (9 wks/\$180)	9:30 – 10:45am	Joshua	<input type="radio"/>
Saturday <small>(NEW)</small>	4 Feb. – 31 Mar. (9 wks/\$180)	7:15 – 8:30am	Rebecca	<input type="radio"/>

Cultivating Personal Practice

Wednesday and/ or Friday	Bookings only from 6:10am (9 weeks) Once per week – \$225, Twice per week – \$374	Louise	<input type="radio"/>
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Yoga for Teenagers (See Flier)

Wednesday	1 Feb. – 4 April (9 wks/\$135)	4:30 – 5:30pm	Rebecca	<input type="radio"/>
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Iyengar Yoga

Introduction				
Tuesday	31 Jan. – 3 April	7:45 – 9:00pm	Geraldine	<input type="radio"/>
Wednesday	1 Feb. – 4 April	8:00 – 9:15pm	Renate	<input type="radio"/>
Thursday	2 Feb. – 5 April	6:15 – 7:30pm	Fiona	<input type="radio"/>

Level 1				
Monday	30 Jan. – 2 April	7:45 – 9:15pm	Geraldine	<input type="radio"/>
Wednesday	1 Feb. – 4 April	6:15 – 7:45pm	Renate	<input type="radio"/>

Level 1 & 2				
Monday	30 Jan. – 2 April	6:15 – 7:45pm	Geraldine	<input type="radio"/>
Tuesday	31 Jan. – 3 April	6:15 – 7:45pm	Geraldine	<input type="radio"/>
Thursday	2 Feb. – 5 April	7:30 – 9:00pm	Fiona	<input type="radio"/>

Yoga for Children <small>(see flier)</small>				
Monday <small>(NEW)</small>	30 Jan. – 2 April (9 wks/\$135)	4:15 – 5:15pm	Sophie	<input type="radio"/>

Total Amount Enclosed \$.....

Name.....

Address.....

Postcode.....

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

Email.....

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

REGISTRATION

Casual Classes

Tuesday <small>(NEW)</small>	4:00 – 5:15 pm	Iyengar General	Renate
Wednesday	9:30 – 11:00 am	Iyengar General	Renate
Friday <small>(NEW)</small>	6:00 – 7:15 pm	Relax & Renew	Rebecca/Kristen
Saturday	9:00 – 10:30 am	Iyengar General	Renate
Sunday <small>(NEW)</small>	11:15am – 12:30pm	Prenatal	Rebecca

Term 1 Calendar 2012

3-28 Jan. Yoga Moves re-opens (see to Summer Program)

20 Jan. Introduction to Astrology (6 wk program, 6:15pm)

29 Jan. Sunday: 3 x Free Classes – Bring a Friend! Iyengar 10am, Shadow 11am, Introduction to Astrology 12:30pm

30 Jan. Term 1 courses commence (10 weeks)

17-19 Feb Emma Balnaves~Nrtta Sadhana (formerly Nata Yoga), 6:30-9am daily, see flier.

24 Feb-4 Mar Zhander Remete + Emma Balnaves Nrtta Sadhana, 7am+5pm daily, see flier.

16-18 March Dr. Claudia Welch – Women's Lives, Women's Transitions

16 April Term 2 commences (11 weeks).

12 May Ayurveda Certificate course commences with Dr. Rama Prasad

Term Break. 7-15 April.

All regular casual classes are on as well as:

Shadow Yoga

10 April	Tuesday @ 7pm, Introduction class
11 April	Wednesday @ 6:15, Prelude class.
12 April	Thursday @ 6:15, Introduction Prelude class

Iyengar Yoga

9 + 11 April Monday + Wednesday – 6:15 pm general level. All Welcome

Emma Balnaves
17-19 February



Nrtta Sadhana. Rhythmic dance and its practice. A three day introductory workshop open to all levels of Shadow Yoga students.

Dr. Claudia Welch
16-18 March



Women's Lives Women's Transitions "a must for everyone interested in women's health" Dr. Robert Svoboda

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* – cultivates coordination and rhythm.

Karttikeya Mandala – *Garland of Light* – increases circulation and penetration.

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.

Teenage Yoga (see flier)

Enhances confidence and mental clarity while building stamina, strength, and flexibility in a fun and interesting setting.

Children's Yoga (see flier)

Yoga for Children
For children ages 5 – 10

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	Private tuition available by appointment.
\$25 Prenatal	Cultivating Personal Practice
\$25 Casual course attendance	Once per week: \$225
\$200 Block	Twice per week: \$374
\$220 Prenatal block	

10% off Introduce a friend new to yoga moves (course enrolment) and receive 10% off your course fees

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.



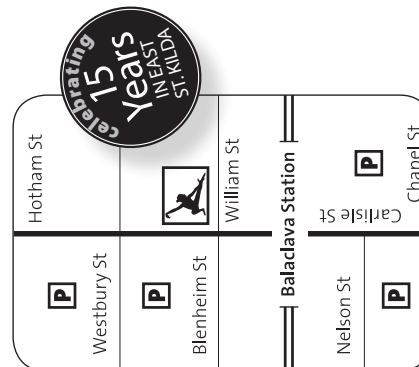
Louise Goodvach
Director



She teaches together with Joshua Arzt, Rebecca Barlow, Kristen Molloy (Shadow trained), Renate Vetter (Iyengar trained) Geraldine Morey, Fiona Conway, Sophie Chandler (Iyengar certified).



2 William Street
Balaclava 3183



yogamoves



Term 1 timetable January – April 2012

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

Telephone: 0487 408 464 (new number)

Email: info@yogamoves.org

Internet: www.yogamoves.org