

# 5 WEEK BEGINNERS COURSE 2017

MONDAY NIGHT (7:30PM - 8:45PM)	WEDNESDAY NIGHT (6PM - 7:15PM)
10 April - 15 May	12 April - 10 May
22 May - 26 June	17 May - 14 June
3 July - 31 July	21 June - 19 July
7 August - 4 September	26 July - 23 August
11 September - 16 October	30 August - 27 September
23 October - 20 November	4 October - 1 November
27 November - 11 December (3 wks)	8 November - 6 December

## **PLEASE NOTE -**

- 1) We are always closed on Public holidays*
- 2) After the 11 December - 11 January all Beginners Classes will be combined with the 6pm classes.*
- 3) New Courses will commence from the 15 and 17 January 2018 (TBC)*

*Investment - \$85 once a week OR \$ 140 twice a week*

## **BEGINNERS INTENSIVE 2017 - 6am - 7:15am**

**Classes run Monday - Thursday / Bookings are essential**

**Book for 2 weeks \$ 125**

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**Book for 4 weeks \$ 200 (highly recommended)**

Students are guided step by step through the Surya Namaskara A and B. The method of practice taught in Ashtanga Yoga relies on the linking of yoga postures through prescribed movements and incorporates deep, even breathing and steady gazing with the eyes. As the student gains more confidence in remembering the sequence, postures are slowly added, as appropriate to the individual needs. The first few weeks, the student might finish in 45 - 60 mins and slowly as postures are added, the practice can take longer. Steady gazing in different places during each movement and posture, is an important element of the practice, and over time facilitates the state of meditation, having a profound effect on the steadiness and calmness of the mind.

