

YOGA KIDS A fun and empowering course for children to learn about the breath, posture, visualisation, chanting and meditation.

Thursday 4:15-5:15pm

School Term Only \$14 per class

MUMS & BUBS A course especially designed for new mothers and their babies, up to crawling age. Come and meet other new parents in the area and get back in shape.

Fridays 11:15 - 12:15pm

6th Aug - 10th Sept \$105

ANUSARA INSPIRED YOGA What is this innovative approach to Hatha Yoga that is now one of the fastest growing systems in the world? Come and explore the life affirming tantric philosophy of this transformational practice and its elegant and powerful universal principles of alignment.

Sat 12:30 –2pm

7th August—11th September

Finding Bliss Within with YIN YOGA \$40 a session

Yin Yoga is a passive, deeply meditative and relaxing yet powerful form of Yoga that uses long slow stretches to access the connective tissue, tendons, ligaments and bones of the body. Suitable for all levels and a great adjunct to dynamic and muscular practices.

Sunday 8th August Time 10:30-12:30pm

Sunday 5th September Time 10:30-12:30pm

Finding Light in the Dark BLIND-FOLDED YOGA \$40

Blind Folded Yoga Often we see without really seeing, we hear without really hearing. This workshop gives you an opportunity to use all the senses to find the divine light within. Even if you have done a blindfolded class before this will go even deeper.

Sunday 29 August Time 10:30-12:30pm

Springtime Working with Partners \$40

Springtime is about creation new forms, beauty, blossoming. This workshop allows you to explore traditional yoga practices in pairs or small groups. The power of the group is always greater than the parts. You will go deeper into poses than you can on your own. No partner

required.

Sunday 18th September Time 2:30- 4:30pm

FULL MOON MEDITATIONS \$40 7-9pm

Each Month close to or on the Full Moon we will celebrate the powerful, creative and intuitive energy of the moon to manifest change inside and out. We will explore a variety of Kriyas, meditations, and pranayama techniques. Please come with layers as we could be outside on the rooftop veranda.

August 20 EMBRACING YOUR SHADOW

Winter is a time to go within, to let go of the aspects of ourselves that have served a purpose but no longer needed.

September 24 MIRACLES Miracle Mantra

Spring is a time when nature's miracles are all around us. The Miracle mantra evokes deep relaxation which is the ideal state for psycho-physiological healing and breakthroughs on many levels. It gives a deep sense of protection, healing and connection to self as source.

October 22 CONNECTING TO YOUR INTUITION

Intuition is not the gift of a select few it is in all of us. All we need to do is learn to see the signs and symbols all around us and listen to the inner messages.

SHANKAPRAKSHALANA Spring Clean the Yogic Way \$100 pp (min 2)

In two hours completely clean the gastro-intestinal tract of built up grime the natural way with salt and water. It is safe, very effective and more importantly quick. Considered a preventive and curative medicine. Helps stop smoking.

BREATHING EVALUATION AND RETRAINING Cost \$100 pp

The link between life, breath and death is undeniable. But, often what is not understood is the direct and immediate relationship the breath has to our physical and mental health and wellbeing. If you suffer from the symptoms of bad breathing such as; snoring, sleep apnea, asthma, high blood pressure, blocked nose, lack concentration, lethargy or have anxiety then this session is for you. I have found in 3 - 4 sessions amazing results.