

# YOGA

FROM THE HEART



Classes at The Lotus Centre,  
Top Floor, 45 Victoria Street  
[www.yogafromtheheart.com.au](http://www.yogafromtheheart.com.au)  
Phone: 6239 6211  
or 0400 588 353

## FEB 14 - JUNE 2, 2012 CLASS SCHEDULE

Please note there are no classes Monday March 12, Mon - Thurs April 9 - 12, Wed 25 April

Monday	Tuesday	Wednesday	Thursday
		<b>6:30 - 8am Dani</b> <i>deepening</i>	
	<b>9:30 - 11am Clare</b> <i>deepening</i>		<b>9:30 - 10:45 am Clare</b> <i>foundation</i>
	<b>12 - 1pm Clare</b> <i>yogahour</i>		<b>12 - 1pm Dani</b> <i>yogahour</i>
		<b>4 - 5 pm Clare</b> <i>Gentle / Back Care</i>	<b>4 - 5pm Dani</b> <i>pregnancy yoga</i>
<b>5:30- 7pm Clare</b> <i>deepening</i>	<b>5:30 - 6:45pm Dani</b> <i>foundations</i>	<b>5:30 - 7:15 pm Clare</b> <i>expanding</i>	<b>5:30 - 7pm Dani</b> <i>deepening</i>
<b>7:15 - 8:30pm Clare</b> <i>foundation</i>	<b>7 - 8:30pm Dani</b> <i>deepening</i>		

To enrol or for more information please contact the instructor of the class you are interested in.

Clare Raffety: 6239 6211 or 0400 588 353, [clare@yogafromtheheart.com.au](mailto:clare@yogafromtheheart.com.au)

Dani Fox: 0416 978543, [dani@yogafromtheheart.com.au](mailto:dani@yogafromtheheart.com.au)

### Class Descriptions and Costs:

**Foundation:** Explore the foundations of alignment and essential elements of a yoga practice. A great place to begin if you have little or no yoga experience or looking for a gentler session. **75 min classes:** Mondays \$182, Wednesdays \$196, Tuesdays or Thursdays \$210 for term signup; \$17 per class casual attendance

**Deepening:** An ongoing exploration and immersion into the art and science of yoga through a wider range of postures and deeper enquiry into the universal principles of alignment. Appropriate for beginners and ongoing students. **90 min classes:** Mondays \$195, Wednesdays \$210, Tuesdays or Thursdays \$225 for term signup, or \$18 per class casual attendance

**Expanding:** Expand your yoga experience with a wider variety of practices, Appropriate for students who have previously explored foundations and/or deepening classes and want to expand their practice further. **105 min classes,** \$224 term signup or \$20 per class casual attendance

**Yogahour:** Enjoy yoga over your lunch hour! These classes are suitable for all students, whether you are new to yoga or more practiced **60 min classes** \$195 term signup, or \$15 per class casual attendance.

**Pregnancy Yoga:** Nurture and balance your mind, body and spirit with this gentle yoga practice ideally suited for pregnant women..60 min classes 5 week blocks, \$65 or \$15 per class casual attendance

**Gentle / Back Care Yoga:** Gentle yoga to develop core strength and stability, improve flexibility and balance, promote healthy posture and alignment, and foster inner peace and a sense of ease: **60 min classes** \$182 for term signup; \$15 per class casual