



Spring Timetable Term 4 2019
 Yoga taught in the Iyengar Tradition

CLASSES COMMENCE MONDAY 14 OCTOBER

ENROLMENTS ESSENTIAL

Monday	8.00 am	Gentle yoga
Monday	9.30 am	Beginners
Monday	7.00 pm	Beginners
Tuesday	9.30 am	Beginners
Tuesday	7.00 pm	Beginners
Wednesday	9.30 am	General
Wednesday	7.00 pm	General
Thursday	9.30 am	Beginners
Thursday	7.00 pm	Beginners
Friday	6.00 am	Open
Saturday	8.00 am	General



PRIVATE CLASSES

Private classes are yoga sessions designed for people who, for one reason or another, may not be able to attend a class. For example, the student may have a specific problem that needs to be dealt with on a one to one basis.

Students generally find that after a short course of private classes they are then able to integrate into a regular class. During private classes a programme suitable for the individual may be worked out so that the student can practise a specific sequence to suit them at that time.

If you are interested in private yoga sessions please contact Anne or Chris to make an appointment. Each session runs for approximately one hour.

COST PER SESSION \$70.00

Take a look at our **NEW WEBSITE**

We hope, from time to time, to add interesting articles for you to peruse, in addition to information about upcoming events and term dates.



FOLLOW US ON INSTAGRAM AND FACEBOOK

COST

Term Payments in advance -

Mondays	10 weeks	\$ 150
Tuesdays	10 weeks	\$ 150
Wednesdays	10 weeks	\$ 150
Thursdays	10 weeks	\$ 150
Fridays	10 weeks	\$ 150
Saturdays	8 weeks	\$ 120

Casual classes \$20

HAVE YOU EVER CONSIDERED ATTENDING AN IYENGAR YOGA CONVENTION?

Abhijati Iyengar, the grand daughter of BKS Iyengar, will be teaching in Australia for four days in May 2020.

Go to iyengaryoga.asn.au for details and registration.

This is a rare opportunity to study with one of the Iyengars without travelling to Pune in India. Abhijati had the benefits of studying with her grandfather for many years and presents his teachings, along with those of Geeta and Prashant Iyengar, in her own unique way.

I highly recommend Abhijati's teachings. I have been fortunate to attend her classes in Pune and a convention in Kuala Lumpur that she taught.

Anne

VENUE

Pallottine Centre, 50 Fifth Avenue, Rossmoyne

*Classes/venues/prices subject to change
 No classes are held on public holidays*

Term fees are not transferable to the next term.

If you miss your regular class the missed class may be made up during the current term by attending another advertised class.

If extraordinary circumstances arise talk to your teacher.

As taking fees in class is very time consuming we accept fees in advance for the forthcoming term. You will still be able to pay on the first night if it is not convenient to pay beforehand.

PROPS

Mats, bolsters, straps, blocks, eye bags and books are available for purchase at classes.



ENQUIRIES, ENROLMENTS AND PAYMENT

At class Register on list on the desk

Email yogarossmoyne@bigpond.com

Phone 9354 2221

PAYMENT OPTIONS

Cash, cheque (pay Iyengar Yoga Centre of Rossmoyne)

EFT - account details available on enrolment



Anne Horsley, Chris Taylor,
 Mary Matthews and Sharon James are
 Certified Iyengar Yoga Teachers.

Relief teachers are Certified Iyengar
 Teachers or Teacher Trainees.

**LAST CLASS TERM 4 FRIDAY 20 DECEMBER
 COMPLIMENTARY CLASS FOR ALL
 STUDENTS OF THE SCHOOL -
 SATURDAY 8 AM 14 DECEMBER**