

Class Times from 13 July 2009

Monday	12.05pm – 12.30pm	Pilates Express* 31 Aug, 07, 14 Sep
	12.35pm – 1.35pm	Bodyboost
6 week course	1.40pm – 2.40pm	Pilates for Runners *(27Jul/31Aug)
	5.15pm – 7.00pm	Astanga (Mysore-Style)
	6.00pm – 7.30pm	Astanga (1^{1/2} hr)
Tuesday	12.05pm – 12.30pm	Pilates Express* 01, 08, 15 Sep
	12.35pm – 1.35pm	Astanga (1 hr)
	5.20pm – 6.20pm	Pilates Vitalise
4 week course	6.30pm – 7.30pm	Pilates upper back/neck* (04 Aug)
Wednesday	6.30am – 8.00am	Astanga (1^{1/2} hr)
	12.05pm – 12.30pm	Pilates Express* 02, 09, 16 Sep
	12.35pm – 1.35pm	Bodyboost
Thursday	12.05pm – 12.30pm	Pilates Express* 02, 10, 17 Sep
	12.35pm – 1.35pm	Astanga (1 hr)
	6.00pm – 8.00pm	Astanga (Mysore-style)
	6.30pm – 8.00pm	Astanga (1^{1/2} hr)
Friday		

*indicates this is a course, is paid for separately from classes included in the Term Fee, and has fixed dates.

Class after 5.30pm or before 8.00am

Make sure you have the teacher's mobile number to text so he/she can arrange to activate the lift to get you upstairs.

Bring a small towel

Useful in some poses.

Remove your shoes

Before entering the practice area.

Practise on an empty stomach

We recommend that you don't eat at least an hour before class time to get the best out of your yoga. Also, try not to drink water during the class. This will maintain the internal heat of your body. Drink plenty of water after class.

Please turn off cell phones or pagers before class

Sometimes you need to be available, if this is the case let the teacher know.

Please be on time

If you arrive for a class and the previous class is still finishing, please be quiet.

Class Description

Astanga

Flow-style cardio/strength/stamina/flexibility-building. Recommended for people who enjoy using your bodies and being fit. A fast-paced class we strongly advise that you attend the Astanga Intro Course first or organise a One-on-One, before attending many of these classes. Lunch classes are 1 hour, evening or before work classes are 1^{1/2} hours.

Astanga (1^{1/2} hr)

As above but with more of the Astanga Primary Series postures included.

Astanga (Mysore-style)

The next level up. Knowledge of the sequence is necessary before attending.

*Pilates Express (dates and times as above)

25 minute Pilates mat classes run in three-week intensives, 4 classes available per week. Attendance required to at least 3 classes per week, ensures all students are up-to-speed with exercises and level of intensity. Designed to tone, develop core function, and get results, with 35 minutes of your lunch-break left.

Bodyboost

Fusion of Pilates, Yoga, and various techniques to stabilise and strengthen the core, tone and lengthen muscles. Recommended for people looking to improve movement habits, supplement your current exercise programme, or break out from your sedentary lifestyle! Attending the **Pilates Intro Course** initially would definitely improve your overall results.

*Pilates Intro Course (dates and times as above)

Introduces the principles of Pilates and correct technique. To the maximum benefit this course is recommended for everyone serious about achieving best results. Minimum numbers apply.

*Pilates for Pregnancy Course (Six Weeks: dates and times as above)

As the body changes to accommodate the baby, and prepare for the birth through this exciting time of your life. Improve: awareness of head, shoulder and neck alignment to prevent neck tension; breathing and movement control; balance; comfort. Sign up now!

*Pilates for Runners (Six Weeks: check for next date)

A 6 week series for runners. Are you experiencing knee, lower-back, calf, or hip issues? Want to avoid injury downtime? Find new freedom and performance possibilities in your running. Email now for the next dates.

*Stressbuster Course (dates and times to be advised)

Gives you strategies to release tension and dissolve stress. Covering yoga, breathing, meditation and relaxation with guided visualisation. Recommended for people who need to let go of your stress, or are recovering from illness / injury. Sign up quickly so you don't miss out.

*Astanga Intro Course (dates and times as above)

Introduces this dynamic style of yoga. Recommended for total beginners. Structured so you learn about the breathing technique (Ujaji), core control required (bandhas), and modifications to make for specific individual body differences. Minimum numbers apply.

*Intro to Yoga Course (dates and times as above)

Introduces the most basic and fundamentally important aspects of yoga: Sun salutations and breathing, Standing poses and balancing postures, Twists and back bending, Inversion preparation and forward bending. Minimum numbers apply.

One-on-One sessions are available at \$70 (1 hour 15 minutes). Negotiate a special rate if you book blocks of 5, 10, or more sessions in advance.

Customised Courses available (dates to suit your schedule), for more information **email** us.

Payment 2009 Term 2: 20 April / 03 July (Mon 27 April-ANZAC Day, Mon 01 June-Queens Birthday)

Single class \$17. Term Class Concession: \$165:1x class/wk per term, or \$200: 2+ classes/wk per term. (Term averages 11 weeks, come to two classes a week and pay \$9.09 a class!)

Check online for course charges. If you've already signed up for a Term Concession receive a 30% discount. Payment may be made in cash (please have correct change ready), or electronic transfer (not EFTPOS), details supplied on request.