

Luna Yoga Studio

Term 1 Beginner Courses are 6 weeks and all other course levels are 8 weeks.

EARLY MORNING INTENSIVE: 6 - 8 am 4th to 8th Jan

\$110 with Vivienne O'Brien



TIMETABLE 2010 Term 1

BEGINNER – All ages and fitness levels welcome

Sun	4:30 – 6pm	Rachel	course starts	24 January
Tue	7:30 – 9pm	Lynn	course starts	26 January
Wed	6:30 – 8pm	Vivienne	course starts	27 January

BEGINNER 2 – Follows Beginner Course

Mon	8 – 9:30pm	Vivienne	course starts	11 January
Thur	8 – 9:30pm	Lynn	course starts	14 January

LEVEL 1 – Follows Beginner 2 Course

Sat	11am – 12:30pm	Lynn	course starts	9 January
Tue	6 – 7:30pm	Lynn	course starts	12 January
Wed	8 – 9:30pm	Vivienne	course starts	13 January

LEVEL 2 – Follows Level 1 Course

Sat	9 – 11am	Vivienne	course starts	9 January
Mon	6 – 8pm	Vivienne	course starts	11 January
Thur	6 – 8pm	Lynn	course starts	14 January

LED PRACTISE – Level 1 & 2

Wed	6 – 7:50am	Peter	\$8 casual starts	13 January
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PRANAYAMA – All levels welcome, every last Sunday of the month

Sun	3 – 4:30pm	Lynn	casual	31 Jan. & 28 Feb.
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PRENATAL CLASS – Yoga for pregnancy

Sat	2 – 3:30pm	Vivienne	\$20 casual	starts Jan 9
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Fees

- \$142 for 8 weeks course (\$128 conc.)
- Beginner Courses \$110 for 6 weeks course (\$100 conc.)
- \$265 for 2 classes per week for 8 weeks (\$240 conc.)
- Casual class \$20 (\$18 conc.)
- Casual class if you are booked into a course \$18 (\$16 conc.)
- Private classes by appointment \$70

To secure a place in your chosen course please send your \$50 deposit with registration form to: Luna Yoga Studio, 284 Wingrove Street, Fairfield 3078 or you can register online.

REGISTRATION FORM

Name:

Address:

Postcode:..... Phone:.....

Email:.....

Course Selection: Day.....Level.....

Physical restrictions/medical conditions:

..... Deposit: \$.....





284 Wingrove Street, Fairfield 3078

Luna Yoga Studio

Luna Yoga Studio

Iyengar Tradition



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Vivienne O'Brien Vivienne's passion for Yoga began over seventeen years ago. She qualified as an accredited Iyengar Yoga teacher in 1998. **Peter Ayliffe** Peter's dedicated yoga practice has extended over the last fifteen years. He gained his Iyengar Yoga teacher accreditation in 2002. **Lynn Holt** Lynn has been practising yoga for twenty one years and has been committed to Iyengar Yoga for the last thirteen years. She completed her Iyengar teacher training in 2006. **Rachel Mulligan** Rachel's first Iyengar yoga class was in New Zealand, 1993. Her love for yoga followed her to London and then Melbourne where she completed her training in 2007. "Asana (yoga postures) have been evolved over the centuries so as to exercise every muscle, nerve and gland in the body. They secure a fine physique, which is strong and elastic without being muscle-bound and keep the body free of disease. They reduce fatigue and soothe the nerves. But their real importance lies in the way they train and discipline the mind". **BKS Iyengar**