

# Luna Yoga Studio

**Term 1: is a NINE week term**

**EARLY MORNING INTENSIVE: with Vivienne O'Brien**

Mon 9 - Fri 13 January - \$145 payment secures your booking

**JANUARY HOLIDAY PROGRAM: please see flyer**

From Mon 9 - Wed 25 January - \$22 per casual class

## TERM 1 TIMETABLE 2012

### BEGINNER – All ages and fitness levels welcome

Sun	4:30 – 6pm	Rachel	course starts	5 February
Tue	7:30 – 9pm	Paul	course starts	7 February
Wed	6:30 – 8pm	Vivienne	course starts	8 February

### BEGINNER 2 – Follows Beginner Course

Mon	8 – 9:30pm	Vivienne	course starts	6 February
Thur	8 – 9:30pm	Paul	course starts	9 February

### LEVEL 1 – Follows Beginner 2 Course

Sat	11:15am – 12:45pm	Vivienne	course starts	4 February
Tue	6 – 7:30pm	Paul	course starts	7 February
Wed	8 – 9:30pm	Vivienne	course starts	8 February

### LEVEL 2 – Follows Level 1 Course

Sat	9 – 11am	Vivienne	course starts	4 February
Mon	6 – 8pm	Vivienne	course starts	6 February
Thur	6 – 8pm	Paul	course starts	9 February

### LED CLASS – Level 1 & 2

Wed	6 – 8am	Vivienne	course starts	8 February
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### Fees

**\$180 one class per week, 1 x 9 weeks course (conc. \$162)**

**\$335 two classes per week, 2 x 9 weeks course (conc. \$310)**

**\$460 three classes per week, 3 x 9 weeks course (conc. \$435)**

**\$22 (conc. \$20) casual class if you are booked into a course or \$25**

**Private classes by appointment \$75**

### To Book

To book you need to **register online at [www.lunayoga.com.au](http://www.lunayoga.com.au)**

\$50 deposit secures your place and may be paid by net banking - EFT

The Luna Yoga Studio bank details will automatically appear after you have registered.

Or post the registration form below with a \$50 cheque to Luna Yoga Studio.

Please phone Vivienne 9387 6195 if you have any questions.

### REGISTRATION FORM

Name: .....

Address: .....

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

Email:.....

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

Physical restrictions/medical conditions: .....

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

**Vivienne O'Brien** Vivienne's passion for Yoga began over eighteen years ago. She qualified as an accredited Iyengar Yoga teacher in 1998.

**Peter Ayliffe** Peter's dedicated yoga practice has extended over the last sixteen years. He gained his Iyengar Yoga teacher accreditation in 2002.

**Rachel Mulligan** Rachel's first Iyengar yoga class was in New Zealand, 1993. Her love for yoga followed her to London and she gained her Iyengar Yoga teacher accreditation in 2009.

**Paul Purchase** From a young age Paul was surround with yoga, now he lives, eats and breathes yoga. His approach to teaching is both methodical and passionate. He gained his Iyengar Yoga teacher accreditation in 2009

*"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

# Luna Yoga Studio

Iyengar Tradition



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e: [info@lunayoga.com.au](mailto:info@lunayoga.com.au)

[www.lunayoga.com.au](http://www.lunayoga.com.au)

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