



LUNA YOGA

TIMETABLE - Term 4 2017

Students new to yoga we recommend joining at the beginning of each term. Students who have completed a beginners course may join in any time, fees will be calculated on a pro rata basis.

BEGINNERS UNLIMITED CLASSES - pay for one course, attend all three!

Beginner – All ages and fitness levels welcome

Sunday	10.00 – 11.30am	Rachel	course commences	27 Aug
Tuesday	7.30 – 9.00pm	Graeme	course commences	29 Aug
Wednesday	6.30 – 8.00pm	Vivienne	course commences	30 Aug

COURSES casual attendance @ \$25 per class if booked into a course

Beginner 2 – Follows Beginner Course

Sunday	11.30am – 1.00pm	Rachel	course commences	27 Aug
Monday	8.00 – 9.30pm	Vivienne	course commences	28 Aug
Thursday	8.00 – 9.30pm	Graeme	course commences	31 Aug

Level 1 – Follows Beginner 2 Course

Saturday	11.15am – 12.45pm	Vivienne	course commences	26 Aug
Tuesday	6.00 – 7.30pm	Graeme	course commences	29 Aug
Wednesday	8.00 – 9.30pm	Vivienne	course commences	30 Aug

Level 2 – Follows Level 1 Course

Saturday	9.00 – 11.00am	Vivienne	course commences	26 Aug
Monday	6.00 – 8.00pm	Vivienne	course commences	28 Aug
Thursday	6.00 – 8.00pm	Graeme	course commences	31 Aug

CASUAL

Morning Class – All Levels Welcome

Tuesday	10.00 – 11.30am	Vivienne	casual class commences	29 Aug
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Early Morning Led Practise – Level 1 & 2

Wednesday	6.00 – 8.00am	Graeme	casual \$10 commences	30 Aug
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FEES - 8 week course

\$192 One class per week (\$176 concession)

\$360 Two classes per week (\$336 concession)

\$470 Three classes per week (\$444 concession)

\$27 Casual class

\$25 Casual class if you are already booked into a course

We encourage all missed classes to be made up

BOOK - Online

To book register online at: www.lunayoga.com.au

\$50 deposit secures your place - balance is due on course commencement.

Our preferred method of payment is by EFT.

Luna Yoga Bank details BSB: 083 064 Account No: 182 853 505

Any questions or for phone bookings contact Vivienne.



LUNA YOGA

St. Paul's 86A Station Street Fairfield 3078

DATES 2017

Last class for Term 3, Thursday 17 August

EARLY MORNING INTENSIVE

Monday 21 August to Friday 25 August

\$130 - Open to Beginner 2 and Level 1 & 2

6:00 - 8:00 AM with Vivienne

Book by email

TERM 4

Begins Saturday 26 August

An eight week term @ \$192

LUNA BALI RETREAT

Sunday 22 October to Friday 27 October

TERM 5

Begins Saturday 28 October

An eight week term @ \$192



LUNA YOGA

Iyengar Method

"The practice of yoga offers you the opportunity for rejuvenation & the possibility for transformation"

Vivienne O'Brien - founder & director



St. Paul's 86A Station Street Fairfield

www.lunayoga.com.au | info@lunayoga.com.au | 03 9387 6195

"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

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

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.

Graeme Gemmell For over 18 years Graeme has been dedicated to both the physical and philosophical practices and teaching yoga. He holds a Diploma of Health and Yoga and is a certified Iyengar yoga teacher.