



# LUNA YOGA

## TIMETABLE - Term 5 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	29 Oct
Tuesday	7.30 – 9.00pm	Graeme	course commences	31 Oct
Wednesday	6.30 – 8.00pm	Vivienne	course commences	1 Nov

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

**Beginner 2** – Follows Beginner Course

Sunday	11.30am – 1.00pm	Rachel	course commences	29 Oct
Monday	8.00 – 9.30pm	Vivienne	course commences	30 Oct
Thursday	8.00 – 9.30pm	Graeme	course commences	2 Nov

**Level 1** – Follows Beginner 2 Course

Saturday	11.15am – 12.45pm	Vivienne	course commences	28 Oct
Tuesday	6.00 – 7.30pm	Graeme	course commences	31 Oct
Wednesday	8.00 – 9.30pm	Vivienne	course commences	1 Nov

**Level 2** – Follows Level 1 Course

Saturday	9.00 – 11.00am	Vivienne	course commences	29 Oct
Monday	6.00 – 8.00pm	Vivienne	course commences	30 Oct
Thursday	6.00 – 8.00pm	Graeme	course commences	2 Nov

### CASUAL

**Morning Class** – All Levels Welcome

Tuesday	10.00 – 11.30am	Vivienne	casual class commences	31 Oct
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**Early Morning Led Practise** – Level 1 & 2

Wednesday	6.00 – 8.00am	Graeme	casual \$10 commences	1 Nov
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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](http://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.



# L U N A Y O G A

St. Paul's 86A Station Street Fairfield 3078

## DATES 2017

Last class for Term 4, Thursday 19 October

## EARLY MORNING INTENSIVE

Monday 23 to Friday 27 October

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

6:00 - 8:00 AM with Graeme

**Book by email**

## TERM 5

Begins Saturday 28 October

An eight week term @ \$192

Last class for Term 5, Thursday 21 December



# L U N A Y O G A

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

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