



# LUNA YOGA

## TIMETABLE - Term 1 2018

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	4 Feb
Tuesday	7.30 – 9.00pm	Graeme	course commences	6 Feb
Wednesday	6.30 – 8.00pm	Vivienne	course commences	7 Feb

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

#### Beginner 2 – Follows Beginner Course

Sunday	11.30am – 1.00pm	Rachel	course commences	4 Feb
Monday	8.00 – 9.30pm	Vivienne	course commences	5 Feb
Thursday	8.00 – 9.30pm	Graeme	course commences	8 Feb

#### Level 1 – Follows Beginner 2 Course

Saturday	11.15am – 12.45pm	Vivienne	course commences	4 Feb
Tuesday	6.00 – 7.30pm	Graeme	course commences	6 Feb
Wednesday	8.00 – 9.30pm	Vivienne	course commences	7 Feb

#### Level 2 – Follows Level 1 Course

Saturday	9.00 – 11.00am	Vivienne	course commences	3 Feb
Monday	6.00 – 8.00pm	Vivienne	course commences	5 Feb
Thursday	6.00 – 8.00pm	Graeme	course commences	8 Feb

### CASUAL

#### Morning Class – All Levels Welcome

Tuesday	10.00 – 11.30am	Vivienne	casual class commences	6 Feb
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#### Early Morning Led Practise – Level 1 & 2

Wednesday	6.00 – 8.00am	Graeme	casual \$10 commences	7 Feb
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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

## HOLIDAY PROGRAM 2018

### EARLY MORNING INTENSIVE

**Monday 8 January to Friday 12 January**

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

6:00 - 8:00 AM with Viv

**Booking is essential by email** *a great way to start the year!*

### JANUARY CASUAL CLASSES

**Begin Tue 2 January thru to Thu 1 February**

\$23 per class - All levels welcome

Sat: 9 - 11 am with Viv or Rachel

Sun: 10 - 11:30 am with Rachel or Graeme

Mon: 6 - 8 pm with Viv or Graeme

Tue: 6 - 7:30 pm with Graeme

Wed: 6 - 7:30 pm with Viv or Rachel

Thu: 6 - 7:30 pm with Graeme

**No booking needed** *just turn up*



# 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.