



LUNA YOGA

TIMETABLE - Term 2 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	8 Apr
Tuesday	7.30 – 9.00pm	Graeme	course commences	10 Apr
Wednesday	6.30 – 8.00pm	Vivienne	course commences	11 Apr

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

Beginner 2 – Follows Beginner Course

Sunday	11.30am – 1.00pm	Rachel	course commences	8 Apr
Monday	8.00 – 9:30pm	Vivienne	course commences	9 Apr
Thursday	8.00 – 9:30pm	Graeme	course commences	12 Apr

Level 1 – Follows Beginner 2 Course

Saturday	11.15am – 12.45pm	Vivienne	course commences	7 Apr
Tuesday	6.00 – 7.30pm	Graeme	course commences	10 Apr
Wednesday	8.00 – 9.30pm	Vivienne	course commences	11 Apr

Level 2 – Follows Level 1 Course

Saturday	9.00 – 11.00am	Vivienne	course commences	7 Apr
Monday	6.00 – 8.00pm	Vivienne	course commences	9 Apr
Thursday	6.00 – 8.00pm	Graeme	course commences	12 Apr

CASUAL

Morning Class – All Levels Welcome

Tuesday	10.00 – 11.30am	Vivienne	casual class commences	10 Apr
---------	-----------------	----------	------------------------	--------

Early Morning Led Practise – Level 1 & 2

Wednesday	6.00 – 8.00am	Graeme	casual \$10 commences	11 Apr
-----------	---------------	--------	-----------------------	--------

FEES - 9 week course

- \$216 One class per week (\$198 concession)
- \$405 Two classes per week (\$378 concession)
- \$530 Three classes per week (\$500 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.



L U N A

Y O G A

St. Paul's 86A Station Street Fairfield 3078

EARLY MORNING INTENSIVE

Tuesday 3 April to Friday 6 April
Tuesday 12 June to Friday 15 June
\$105 - Open to Beginner 2 and Level 1 & 2
6:00 - 8:00 AM with Viv
Booking is essential by email

LUNA BALI RETREAT

Sunday 21 Oct to Saturday 27 Oct
\$2,200 per person - twin share
\$150 extra - single room occupancy
All levels welcome
Visit the One World website for the details
Bookings are made thru Viv



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

| 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.