

YOGA & MEDITATION for HEALTH & WELLBEING

Term 3 2010, 9 weeks of classes

ABN 87 044 184 943 • PO Box 262 Curtin ACT 2605 • p: 02 6161 1806 or 0431 960 281 • e: yogamanas@unifiedmind.com.au

Class	Venue	Cost
6.00–7.30pm Mondays 19 July – 20 September	Woden Senior Citizens Club, cnr Melrose Drive & Corinna St, Woden	\$145 No Class 13 September
6.30–8.00pm Tuesdays 20 July – 21 September	Canberra Church of Christ, cnr Parkinson St & Namatjira Dr, Weston	\$145 No Class 14 September
6.00–7.45pm Thursdays 29 July – 30 September	Woden Senior Citizens Club	\$165 No Class 16 September

ABOUT SATYANANDA YOGA

Satyananda Yoga is an internationally-renowned system that works to align and focus the body, mind, emotions and spirit. Often we are reactive and habitual – limiting our experience. With the practice of yoga you become the conscious knower of yourself – an expansive experience.

ABOUT YOGAMANAS

Sannyasi Yogamanas (Manas Blackman) is an initiate of the Satyananda Yoga tradition, which teaches and keeps alive the knowledge of yoga. A Level 2 accredited yoga teacher, he is accredited and affiliated with the Satyananda Yoga Academy.

PRACTICES

Physical postures, breathing techniques, meditation/relaxation techniques. Strengthen and stretch, then relax completely. No experience or specific skill level is required for the classes on Monday and Tuesday.

PREPARATION

Avoid eating for a few hours prior to the class. Bring a mat to lie on; and a shawl or blanket for Yoga Nidra as you will relax and your body temperature will drop.

If you have any special needs – back condition, blood pressure etc – please let Yogamanas know. These will not exclude you – rather, the practices will be adjusted so they are right for you.

TO ENROL

Please complete the form below and send it to me by 14 July 2010. Thank you!

Name:

Address:

Phone:

Email:

How did you hear about the class?

How much yoga experience have you?

I'd like to join the class on:

- Monday – \$145
 Tuesday – \$145
 Thursday – \$165

I take full responsibility for my own practice.

I know that my payment is non-transferable and non-refundable.

I have paid by:

Direct deposit:
 Service One Members Banking
 BSB – 801009
 Account number – 1209144
 Account name – M. Blackman

Cheque / money order payable to 'M. Blackman':

PO Box 262
 Curtin ACT 2605