

YOGA & MEDITATION for HEALTH & WELLBEING

Term 1 2012, 8/9 weeks of classes

Class	Venue	Cost
6.00–7.30pm Mondays 30 Jan – 26 Mar 9 weeks	Woden Senior Citizens Club, cnr Melrose Drive & Corinna St, Woden	\$145
6.30–8.00pm Tuesdays 31 Jan – 27 Mar 9 weeks	Canberra Church of Christ, cnr Parkinson St & Namatjira Dr, Weston	\$145
6.00–7.45pm Thursdays 2 Feb – 22 Mar 8 weeks	Woden Senior Citizens Club Progressive Class	\$147

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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. Experience is required for Thursday class.

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, email & let me know, send fee & completed enrolment form before first class.

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 – \$147

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