

YOGA & MEDITATION for HEALTH & WELLBEING

Term 4 2016, 9 and 8 weeks of classes

Class	Venue	Cost & Class level
6.00–7.30 pm Mondays 10 Oct – 5 Dec 9 classes	World of Wellbeing, level 2 16 Wilbow Street, Phillip, Health Point Building	\$165 General/beginner
6.30–8.00 pm Tuesdays 11 Oct – 6 Dec 9 classes	Canberra Church of Christ, cnr Parkinson St & Namatjira Dr, Weston	\$165 General/beginner
6.00–8.00 pm Thursdays 20 Oct – 8 Dec 8 classes	World of Wellbeing, level 2 16 Wilbow st, Phillip	\$170 Progressive class

PO Box 262 Curtin ACT 2605 ☀ p: 0431 960 281 ☀ e: yogamanas1@gmail.com

ABOUT THE CLASS

Yogamanas teaches a systematic classical style that works to cultivate awareness, balance and focus energy, 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

Yogamanas is a Level 2 accredited yoga teacher, teaching full time since 2000.

PRACTICES

Physical postures, breathing techniques, meditation/deep relaxation practices. 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, a shawl or blanket, water.

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.

NOTE: Term 4 2016 – 9 and 8 weeks

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 x 9 – \$165
 Tuesday x 9 – \$165
 Thursday x 8 – \$170

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 – 001209144
 Account name – M. Blackman

Cheque / money order payable to M. Blackman:

PO Box 262
 Curtin ACT 2605