

# Yoga



Term 3  
**2014**

**Courses start from**  
Monday 21 July – running  
to Sunday 28 September

classes ⇅ courses ⇅ props ⇅ books



P.O. BOX 309, CLIFTON HILL 3068

  
y o g a s c e n t i a l s  
EST. 1992

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t 03 9381 1447 / 0409 909 203  
[www.yogascentials.com.au](http://www.yogascentials.com.au)



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'As you think, so you are. As you imagine, so you become' – Socrates

## ...your yoga teacher

Maghie Mills, the founder of **yogascentials**, has practiced yoga for 30 years. Maghie completed teacher training with Martyn Jackson, (Iyengar trainer, Sydney), the IYTA (Victoria) and has studied in India.

### Student information ⓘ

- Wear clothes that promote freedom of movement such as singlets, shorts and footless tights.
- Ensure hands and feet are **clean**.
- No **heavy** food for three hours before classes.
- Inform your teacher of any physical or medical conditions or pregnancy before class and report changes regularly.
- All yoga equipment required for practice during classes is provided by the studio.

### Other options

Subject to course size, we may be able to offer casual attendance in courses for individuals with previous yoga experience. **Please contact Maghie prior to attendance.**

### Individual consultation Tailored for your needs

Useful for those with medical and/or structural issues and for students aiming to structurally refine and develop their personal practice.

### Yoga equipment Aid & enhance your practice

A comprehensive range of yoga props and books is available through **yogascentials**. Enquire at the studio for pricing and ordering.



y o g a s c e n t i a l s

# Yoga



**yoga** is an active and cohesive system of movement which progressively enhances body/mind integration with breath awareness.

This technique emphasises anatomical alignment and balanced development of strength, stamina and flexibility.

With consistent practice, you'll experience improved concentration levels, enhanced vitality and a holistic sense of well-being.

## 10-week courses from 21 July

### Monday (from 21/7) Course – booking required

6:30 – 8:00pm Level 1  
8:00 – 9:30pm Beginners B

### Tuesday (from 22/7) Course – booking required

6:30 – 8:00pm Intro to Level 2

### Wednesday (from 23/7) Course – booking required

6:30 – 8:00pm Beginners B  
8:00 – 9:30pm Level 1

### Thursday (from 24/7) Course – booking required

6:30 – 7:45pm Beginners A

Please read **Registration Information** before enrolling

**Though course participation is preferred, students may attend on a casual basis with appropriate experience.**

## Casual classes\* from 22 July

\*Casual classes indicates that **NO** booking is required.

### Tuesday (from 22/7) Casual – no booking

10:00 – 11:30am General Beginners

### Sunday (from 27/7) Casual – no booking

9:00 – 10:30am Intermediate  
10:30 – 12:00pm General Beginners

**Please note that pregnancy classes are not available.**

## TRANSPORT

TRAMS  Trams 1 & 8 from Melbourne

**Stop 124 Victoria Street / Lygon Street (Brunswick East)**



## Registration Information#

**Please read our policy for courses thoroughly before enrolment.** 10-week courses require *payment in full prior to course start* unless other arrangements are made with the studio.

### Replacement classes If you miss a class

Students are encouraged to attend all ten weeks of their course **in the weekly time slot nominated on the Registration form.** If a class or classes are missed during the term, sessions can be made up at a **class** of the same level. All replacement classes **must be completed by the end of term.**

### Refunds & deferment Our policy

No refunds are possible once a course commences. Students may only defer the balance of course sessions due to **extreme** circumstances such as severe illness or accident, with prior consent from their teachers.

### Enquiries & payments\* Ask us!

All enquiries regarding class level, medical issues, bookings and credit card payments can be made by phoning **yogascentials** on 9381 1447 or 0409 909 203. Email **maghie@yogascentials.com.au** for any other enquiries.

Check our website at **www.yogascentials.com.au** for general information

## TERM DATES 2014

**Term 3** 21/07/14 – 28/09/14 **Term 4** 13/10/14 – 21/12/14  
Please note that courses and casual classes operate between and inclusive of dates listed above.

## HOLIDAYS – TERM 3, 2014

### No Public Holidays for Term 3

A replacement class can be attended if you miss a course class on public holidays. Please complete before Term's end.

See **Registration Information#** above.

## Levels

### Beginners A No experience required

No previous experience is required. The courses provide a sequential and accessible basis for understanding the yoga system.

### Beginners B Some experience required

A minimum of ten weeks of **Beginners A** or equivalent is required. Consolidates poses covered in the previous level and introduces supported shoulder stand and balances.

### Level 1 Consolidate your knowledge

For students who have completed a minimum of ten weeks of **Beginners B** or equivalent. Consolidates your existing knowledge and progresses supported inversions.

### Intro to Level 2 Follows Level 1

For students who have completed one or more **Level 1** courses. Focuses on consolidating inversions and balances. Progresses strength and stamina.

**Please read Levels before attending or enrolling.**

### Intermediate Level 1 and above

**For students practicing consistently.** Stamina required.

## Class, course & card prices

**10-week courses** booking essential/**non-transferable**  
\$190.00 course fee

**Casual classes** booking not required  
\$22.00 session fee or \$19.00 concurrent with course enrolment.  
Attendance is on a per session basis.

**10-class card non-transferable**  
\$210.00 /\$180.00 if used concurrent with course enrolment (valid for 3 months exclusive of term break). Expiry date will apply. Please note that the pass **does not replace** course enrolment, but aims to encourage increased class attendance each week.

Also, **non-transferable** means usable **only** by the person whose name appears on the card.

## Registration\*

### Please complete fully Register now!

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

email \_\_\_\_\_

# Payment of \$ \_\_\_\_\_ is enclosed

Please list your choice of **course**

Day: \_\_\_\_\_ Time: \_\_\_\_\_ Level: \_\_\_\_\_

Please see **Registration Information#**  
When mailing, make all cheques or money orders payable to **yogascentials**, or fill out details below and send to: **P.O. BOX 309, CLIFTON HILL 3068**

See **Enquiries & payments\***

### Credit card details For absentee payments only

MasterCard   VISA 

Name on card \_\_\_\_\_

Expires \_\_\_\_\_ Amount \$ \_\_\_\_\_

Card number \_\_\_\_\_

Signature \_\_\_\_\_

**Please list any health or structural issues in full (including medications)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please tell us where you heard about **yogascentials**

Friend  Shop front  Yellow Pages

Mail-out  Other (Please list below) \_\_\_\_\_

**Do you wish to be on our mailing list?** Yes  No

**Your personal details are confidential,** used for administration purposes only, and will **not be disclosed** to any other person or party