

The Yoga Centre

129 Mulgrave Road

TIMETABLE – 2012

MONDAY

Personal Practice: 6:30am – 8:30am
Beginners (Iyengar): 4:00pm – 5:15pm
Level 2 (Iyengar): 5:30pm – 7:15pm

TUESDAY

Level 1 (Iyengar): 10:00am – 11:30am
Level 1 (Iyengar): 6:00pm – 7:30pm

WEDNESDAY

Vinyasa Flow: 6:30am – 8:00am
***get Stretched:** 5:30pm – 7:00pm
Beginners (Iyengar): 7:15pm – 8:30pm

THURSDAY

Personal Practice: 6:30am – 8:30am
General (beginners welcome): 10:00am – 11:30am
General (beginners welcome): 6:00pm – 7:30pm

FRIDAY

Personal Practice: 6:30am – 8:30am
***Ashtanga (Mysore):** 5:30pm – 7:30pm

SATURDAY

Level 2 (General): 8:30am – 10:00am
Level 1 (Iyengar): 10:30am – 12noon

SUNDAY

***Ashtanga (Mysore):** 9:30am – 11:30am

Consider attending two classes per week to maintain a steady practice and to optimise your fitness.

There are no classes on public holidays.

Be mindful of your body

Fee Schedule

Casual: \$15.00 per class

5-class pass: \$65.00 (*valid 3 months*)

10-class pass: \$125.00 (*valid 3 months*)

Monthly pass: \$80.00 (*8 classes*)

Monthly pass: \$95.00 (*12 classes*)

Personal Practice: no charge

*Ashtanga & get Stretched have separate class passes



Iyengar Yoga focuses on correct alignment

Ashtanga Yoga and **Vinyasa Flow** have their base in the sun salutations

General Yoga is a mix of Iyengar and Ashtanga Yoga principles

get Stretched strengthens and re-patterns muscle groups



Enquiries about our classes:

Oliver Bacchus 0401 365 674

Ashtanga (Mysore)

Catherine Traynor 0408 709 374

get Stretched

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