

YOGA FOR HEALTH & WELLBEING

Term 1 2012

12.30–1.30pm Monday
30 Jan to 26 March
*12 March Pub Holiday

Venue

DEEWR 50 Marcus Clarke
Level 11 exercise room

Cost

\$120 for 8 classes

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. He is a Level 2 accredited yoga teacher, accredited and affiliated with the Satyananda Yoga Academy. Cert IV workplace training and assessment.

PRACTICES

Physical postures, breathing techniques, meditation/relaxation technique. Strengthen and stretch, then relax completely. No experience or specific skill level required.

PREPARATION

Avoid eating for a few hours prior to the class.

Bring something to lie on – a mat or towel; and a shawl or blanket to cover yourself for the last part of the class as you will be very relaxed and body temperature can drop.

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

Payment options

1. Direct deposit:

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

2. Cheque payable to 'M. Blackman':

PO Box 262
Curtin ACT 2605

ENROLLING? Please email confirming, and send the fee before the first class. Thankyou!

Note: All payments/classes are non-transferable and non-refundable.