

still mind, healthy body



as of March 22nd 2010

47 High Street, Southport

Time	Mon	Tue	Wed	Thu	Sat	
<b>6:30 am</b>		<b>Shanti Hatha Yoga sunrise energy</b> 6:30 - 7:15		<b>Shanti Hatha Yoga sunrise energy</b> 6:30 - 7:15	* Indicates the classes taught by Shantiji.	<b>Shanti Yoga</b> is a <b>Government Registered Training Organisation</b> Provider No. 30834 Yoga Teacher training courses & Ayurvedic Lifestyle Consultant and Practitioner training are Austudy approved.
<b>9:15 am</b>	<b>Pranayama*</b> relax, heal, breathe 9:15 - 10:15		<b>S &amp; T Yoga</b> stretch & tone 9:15 - 10:10			
<b>9:30 am</b>		<b>Bollywood* dance fun</b> basics and recap 9:30 - 10:20		<b>Bollywood* dance fun</b> basics and recap 9:30 - 10:20	<b>S &amp; T Yoga</b> stretch & tone 10:15 - 11:10	
<b>10:15 am</b>	<b>Gentle *</b> easy, gentle Yoga 10:15 - 11:15				<b>Kidz Yoga</b> 10:15 - 11:00 school terms	
<b>10:30 am</b>		<b>Healthy Back*</b> abs, hips & legs 10:30 - 11:30		<b>Healthy Back*</b> abs, hips & legs 10:30 - 11:30		
<b>11:15 am</b>	<b>Relaxation* &amp; meditation</b> 11:15 - 12:10					
<b>11:30 am</b>		<b>Yoga Flow*</b> asana, gentle 11:30 - 12:30		<b>Yoga *</b> easy & gentle 11:30 - 12:30		<b>Payment Options</b> Note: Fees are non-refundable <b>SINGLE SESSION</b> • Single session, 55 min class \$16 • Add-on per class back-to-back +\$5 <b>FULL MEMBER</b> -not transferable/extendable/refundable -unlimited class attendance -excludes shaded grey classes/courses •30 DAY unlimited attendance \$90 Bonus: \$50 transferable discount for retreat to be taken during Pass validity •ANNUAL PASS \$795 incl. 1 free w/end retreat to value of \$450, to be taken before pass expiry. Retreat transfer \$90
<b>12:15 pm</b> <b>12:30 pm</b>	<b>Ayurvedic* Lunch</b> 12:15 - 1:00 pm Eat In or Takeaway \$10. Fresh juice \$4	<b>Deep Relaxation* &amp; self healing, nidra</b> 12:30 - 1:15		<b>Relaxation* &amp; meditation</b> 12:30 - 1:10		
<b>1:00 pm</b>	Free Monday discussion with Shantiji					
<b>4:00 pm</b>	<b>Kidz Yoga</b> 4:00 - 4:45 school terms					<b>KIDZ YOGA</b> Monday 4.00pm. Saturday 10.15am Pre-pay 5 sessions \$49. Single \$12 <b>SHORT COURSES</b> - Healthy back care program - Meditation, the basic training - Live the good life: weightloss and wellbeing <b>BOLLYWOOD DANCE COURSES</b> <b>Bollywood choreographed</b> 6:30-7:25 pm Learn a fun dance - structured moves. 10 week term \$165 Casual session \$25
<b>5:30 pm</b>	<b>S &amp; T Yoga</b> stretch & tone 5:30 - 6:25	<b>S &amp; T Yoga</b> stretch & tone 5:30 - 6:25	<b>S &amp; T Yoga</b> stretch & tone 5:30 - 6:25	<b>S &amp; T Yoga</b> stretch & tone 5:30 - 6:25 school terms		
<b>6:30 pm</b>	<b>Healthy Back</b> abs, hips & legs 6:30 - 7:30	<b>Healthy Back*</b> abs, hips & legs 6:30 - 7:30	<b>Deep Relaxation* &amp; self healing, nidra</b> 6:30 - 7:30	<b>Bollywood choreographed dance course</b> 6:30 - 7:25		
<b>7:30 pm</b> <b>8:00 pm</b>	<b>Gentle *</b> easy, gentle Yoga elongates the back 7:30 - 8:30	<b>Yoga Flow</b> healthy & active 7:30 - 9:10	<b>Gentle + Flow*</b> gentle plus healthy active flow 7:30 - 9:10			<b>TOTAL RELAXATION RETREATS</b> Transformative and healing. Fee is inclusive of program, meals and 4 choices of accommodation: <b>Standard rooms</b> \$260/day. \$450w/end. \$1785wk.\$2550/10days <b>Standard plus rooms</b> \$275/day. \$495w/end. \$1925wk.\$2750/10days <b>Ensuite rooms</b> \$310/day. \$550w/end. \$2135wk.\$3050/10days (twin) \$335/day. \$600w/end. \$2310wk.\$3300/10days (single) <b>Detox:</b> Add \$500 per 7 days.
<b>8:30 pm</b>	<b>Relaxation* &amp; meditation</b> 8:30 - 9:10			<b>Bollywood movie</b> No fee, bring a plate of vegetarian food to share 8:15pm		
<b>9:15</b>	<b>Bollywood Recap</b> 9:15 - 10:30pm	<b>Bollywood Recap</b> 9:15 - 10:30pm	<b>Bollywood Recap</b> 9:15 - 10:30pm			<b>nirvanawellnessretreat.com.au</b>

Shanti Yoga reserves the right to change the timetable at any time.

## EXPLANATION OF CLASSES & CLASS DESCRIPTION

Unstiffen your supple body (yoga asana)

Unchatter your quiet mind (meditation)

Unfreeze your fiery heart (pranayama, breathing practices)

Every Shanti Yoga class is a multilevel class, which is fully guided and demonstrated, with safety features incorporated throughout the class. Beginners are able to attend all of the Shanti yoga classes because of the way that Shanti Yoga is designed and taught.

**What to bring:** Please bring a fresh towel and something comfortable to wear. We provide yoga mats, cushions, blankets, straps and filtered water in our air-conditioned yoga studio. Please arrive 5-10 minutes earlier for your first class to fill in an application form in case of any medical history that the teacher needs to know about.

**GENTLE YOGA:** Easy, gentle yoga (Mon 10.15 Mon 7.30, Wed 7.30 pm & Thurs 11.30am)

Yoga stretches and exercise for muscles, joints, glands and internal organs. A well-rounded class that coaxes you to engage in a gentle, yet powerful way to use your limbs, spine, muscles and lungs and contains all the Shanti Yoga elements. It starts on the floor with a short meditation, followed by yoga breathing (pranayama) and includes slow release floor stretches that restore health and are strengthening. The deep breathing practices during the class help to balance your energies and experience freedom and relaxation. The class concludes with Shanti yoga sun salutation. For mind-body wellbeing. Walk-in stressed-out, walk-out energised.

**HEALTHY BACK, ABS, HIPS, LEGS:** Slow, remedial, healing, floor, core yoga for neuro-rehabilitation (Mon 6.30pm, Tues 10.30am & 6.30pm, Th 10.30am). A slower class that presents the grounded, humble and gentle foundations needed for your journey to health, mobility and strength for the lower back, abdominals, hips and legs. You will practice the simple, therapeutic pleasures of detoxifying your lymph system, toning your joints, stretching your muscles and invigorating your internal organs, without difficulty or pain. The long, slow-release floor stretches will help you release deep inner tensions and restore your body's natural fluidity and sensitivity. These practices assist in the reduction of pain, spasming, rigidity and stress and increase abdominal tone, while deepening your awareness of your body, mind and spirit. For beginners and experienced students alike. If your schedule permits, stay on for the next part of the class, tag yoga Healthy and Active Yoga Flow and finish with the icing on the cake, Guided Relaxation and Meditation, for a truly wonderful experience.

**KIDZ YOGA:** Children's yoga 5 - 12 years (Mon 4-4.45pm & Sat 10.15-11am)

Incorporates Yoga postures and exercises (asanas), yogic breathing (pranayama), meditation (antar mauna) and relaxation (nidra). Kidz Yoga is a system of many different things to practice and ways to think and feel, which make the body and mind strong and healthy. It also helps children be happy, peaceful and full of good energy. It opens up a world of peace, creativity, joy and disciplines for children from all walks of life.

**MEDITATION:** In silence we grow, in stillness we heal (Mon 11.15am & 8.30pm, Thurs 12.30pm)

A relaxing way to still the mind, learn to stay calm, explore your inner universe, awaken extraordinary powers of the mind and access altered states of consciousness. Unlock feelings of pleasure, bliss and peace of mind, as well as give yourself a new perspective on life. Abandon personal agendas and allow your inherent inquisitiveness to help lead you to further exploration that overcomes doubt and hesitation. When the mind is silent, it radiates compassion, joy and humour.

**PRANAYAMA.** Breathe, relax, heal - for body and mind (Mon 9.15-10.15am)

The pranayama class offers gentle, powerful and easy-to-follow yoga breathing and visualisation instructions, to soothe away tiredness, stress and illness. It incorporates the body with universal awareness, diaphragmatic breathing for pulmonary health, the complete (three-part) yoga breath and sound (vibrational healing) to help you find your home in the breath. The breath is the ultimate power behind the cosmos. Central to the healing process, it is our first and last possession - the natural rhythm of life and our link with the divine of all creation. Breathing irregularities foster disease. In this class, you will dissolve stress, relax your body and mind and open yourself fully and authentically to the transformative power of the spirit in action.

**RELAXATION:** Yoga Nidra, guided deep relaxation. When the mind touches the body, cells respond (Tues 12.30-1.30pm & Wed 6.30-7.30pm) The literal translation of yoga nidra is yogic sleep. It is simple, guided imagery, practiced lying down, which encompasses a deep journey that transforms, develops & expands human consciousness. It promotes a sense of very deep rest, peace and spontaneous healing. Yoga nidra leads to a blissful experience, where the body is able to totally let go & the mind becomes calm and clear. Relax and heal. For stress relief and self healing.

**SHANTI HATHA YOGA** Sunrise energy (Tues & Thursday @ 6.30-7.15am)

This class focuses on cultivating sharp, vibrant and uplifting energy through the natural discipline of classical Shanti yoga asanas.

**STRETCH AND TONE** (Mon, Tues, Wed, Thurs 5.30-6.25pm. Wed 9.15-10.10am & Sat 10.15-11.10am)

Classical Shanti Yoga with warm ups, 'fix-its' and classical resting poses. When time is of the essence (55 min. class). Increase and maintain health and flexibility. Walk-in stressed-out, walk-out blissed out.

**YOGA FLOW:** Healthy and active Yoga flow (Tues 11.30-12.30pm & 7.30-9pm; Wed 7.30-9pm & Thurs 11.30-12.30pm)

Practiced with awareness, gentleness and non-competitiveness, in a state of relaxation and with deep breathing, classical Shanti Yoga asanas are systematically combined with the additional help of other Yogic adjuncts, which are a combination of locks, seals and gestures. Prana, or life energy, is awakened, balanced and expanded in the body and mind and latent, physical tension and energy blocks are removed, leading to a feeling of clarity, lightness and wellbeing. This is a class for strengthening as well as stretching. If your schedule permits, attend tag yoga i.e. the earlier session of Yoga Peace or Pranayama and follow up with the Guided Relaxation and Meditation session, for a truly wonderful experience.

**BOLLYWOOD DANCE COURSE:** Bollywood choreographed dance course (Thursday 6.30-7.25pm)

Learn a fun, fully choreographed dance in ten weeks. Come and experience the graceful and sensual style of Bollywood dancing through the use of full body movements danced to very rhythmical and powerful music with fantastic beats from the latest Bollywood movies. Become a Bollywood diva. Tell an epic story through Bollywood moves and grooves. An exciting, fun-filled, total body workout with structured moves, timing, rhythm, high energy, classical hand gestures and expressive movements. An experience not to be missed. Suitable for all ages.

**BOLLYWOOD DANCE FUN:** Bollywood dance fun (Tuesday & Thursday 9.35-10.20am)

Easy to learn, fun, energetic, total body, aerobic, Bollywood dance workout. Structured moves. Cardio-respiratory endurance is developed whilst you are guided towards weight-loss, fitness, fun, health, vitality and wellbeing.

**BOLLYWOOD RECAP** - single session. \$30 A fun revision of dances already taught.

## ALSO AVAILABLE

Private classes, weekend workshops and time-out retreats.