

# shanti yoga

*Peace in every breath*

## TIMETABLE

Slow down Expand your heart Still your mind Honour your body Nourish your soul Embrace the whole



**Classes suitable for beginners and multiple levels. All bodies, ages and genders welcome.**

ॐ	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Whole Mon Morning Yoga Wellbeing with Shantiji 9.15 - 12.15 \$95					
9.15	Mindfulness and Breathing 9.15 - 10.30 \$40 Shantiji				Yoga Stretch and Tone 9.15 - 10.10 \$35 Cheryl	
10.15		Whole Tue Morning Accessible Yoga with Shantiji 10:30 - 1:15 \$95		Whole Thu Morning Yoga with Shantiji 10:30 - 1:15 \$95		Yoga Stretch and Tone 10.15 - 11.10 \$35 Sue
10.30	Healing Yoga Easy and Gentle 10.30 - 11.30 \$40 Shantiji	Deeply restorative Renewal & Stress relief 10.30 - 11.30 \$40 Shantiji	Yoga Stretch and Tone 10:30 - 11:25 \$35 Hilary	Core Yoga Wellbeing Healthy Back, Abs, Hips, Legs 10.30 - 11.30 \$40		
11.30	Relaxation and Meditation 11.30 - 12.15 \$30 Shantiji	Deeply restorative Renewal & Stress relief 11.30 - 12.30 \$40 Shantiji		Yoga Wellbeing 11.30 - 12.30 \$40 Shantiji		
12.15						
12.30		Yoga Nidra 12.30 - 1.15 \$30 Shantiji		Relaxation and Meditation 12.30 - 1.15 \$30 Shantiji		
1.00	Darshan Philosophy* 1.00 - 2.00 Free Shantiji					
2.00						<b>SUNDAY</b>
4.00						Yoga At Nirvana 10:30 - 11:30am \$30 Cheryl
5.30	Yoga Stretch and Tone 5.30 - 6.25 \$35 Sonja	cyqk ..... ] +om kxn' ^yx0' ?8: '7@8? ' . = ?' ]yxk	Yoga Stretch and Tone 5.30 - 6.25 \$35 Sonja	Yoga Stretch and Tone 5.30 - 6.25 \$35 Lynanne		
6.30						
7.30						
8.00						ॐ

Level 1/ 18 Rawlins Street Southport

shantiyoga.com.au 5531 0511

\*only during school terms.

CD recording of Pranayama/Nidra/ Meditation by Shantiji during her absences from her classes.

as of 10th July 2023 to  
15th September 2023

# shanti yoga

*Peace in every breath*

Shanti Yoga invites you to experience health, vitality, wellbeing and peace of mind. With multi-level classes suitable for beginners, you can enjoy a deeply relaxing class consisting of gentle stretching and calm breathing, all whilst releasing stress and anxiety. No matter what level of fitness or strength you have at the moment, our classes are suitable for everyone.

## **Shanti Yoga Fees**

### • **Casual Classes**

\$30 per meditation session.

\$35 per stretch & tone or any class under 55 min.

\$40 for any class 55+ mins.

\$95 Mini Retreat: Healthy mind in a Healthy body. M 9:15-12-15 or Tu 10:30-1:15 or Th 10:30-1:15.

### • **30 Day Membership - \$200 UNLIMITED 30 day membership**

Collect 12 consecutive 30-day membership and receive a credit of \$695 towards a retreat at Nirvana Wellbeing Retreat, conditions apply. All passes must be presented to receive your free weekend retreat.

### • **Annual Membership - \$1,495**

Members will be entitled to attend all classes during the Course Terms, and a free weekend retreat in twin-share accommodation, with shared facilities (valued at \$695).

### • **Ayurvedic Treatments & Massage**

Full body massage (55min): Student \$50 . Therapist \$90 .

Foot: \$90 (30min) . Scalp: \$70 (30min). Shirodhara \$150, Kati Basti \$90.

### • **VEGAN Lunchbox**

Ayurvedic Home cooked. Rice, Dhaal, Veggies \$20 (Pre-order).

## **Payments and Refunds**

We accept EFT, Visa, MasterCard, and cash. All sales are final. No refunds or transfers. We do not refund for change of mind or circumstance.

## **Upcoming Retreat Calendar March - June 2023**

[www.nirvanawellbeingretreat.com.au](http://www.nirvanawellbeingretreat.com.au)

August 18 - 20 Believe in Yourself. Transform Your Life. weekend retreat

September 22 - October 1 Live Better Longer. Ayurvedic self-care 10 days retreat

October 13-15 Peace, Love and Healing. Silent Meditation weekend retreat

October 27-29 Purpose, Meaning, and the Pursuit of Happiness weekend retreat

November 10-12 Letting Go. Emotional Wellbeing weekend retreat

December 1-3 Peace in Every Breath Silent Meditation weekend retreat

December 15 - 17 Yoga, Ayurveda, Meditation for Everyday Living weekend retreat

## **Government Accredited Courses**

[www.healthinstitute.edu.au](http://www.healthinstitute.edu.au)

- Certificate IV in Yoga
- Diploma of Yoga Teaching
- Advanced Diploma of Therapeutic Yoga Teaching
- Diploma of Ayurvedic Lifestyle Consultation
- Advanced Diploma of Ayurveda

## **Weekend Retreat Fee, per person**

Twin share, shared facilities \$695 . Single, shared facilities \$795 . Twin share, ensuite \$895 . Single, ensuite \$995

**Also available: Ayurvedic consultations, massage, weightless program, Yoga Teacher Training (1-3 years) and Ayurveda Practitioner course (1-2 years). Visit [www.healthinstitute.edu.au](http://www.healthinstitute.edu.au) for a full list of our services**

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