



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 10.00 - 10.55 \$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 | | | | | | SUNDAY |
| 4.00 | | | | | | Yoga At Nirvana 10.30 - 11.30am \$30 Cheryl |
| 5.30 | Yoga Stretch and Tone 5.30 - 6.25 \$35 Pleunie | Yoga Stretch and Tone 5.30 - 6.25 \$35 Sonja | 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 9th October 2023 to
8th December 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 Oct 2023 to Jan 2024

www.nirvanawellbeingretreat.com.au

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

December 27, 2023 to January 3, 2024 The Calling of Joy Retreat 1 week retreat

December 31, 2023 New year's Eve Dinner by Candlelight

January 1, 2024 The Breathing Space. One-day SILENT meditation retreat

January 3-10, 2024 Live, Love, Laugh and Last a Lifetime. 1 week retreat

Government Accredited Courses

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 for a full list of our services

shantiyoga.com.au

admin@shantiyoga.com.au

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