

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
	MINDFUL MONDAY 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		TRANQUIL TUESDAY with Shantiji 10:30 - 1:15 \$95		TRANSFORMATION THURSDAY 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		Film Club 2:00 - 3:00 Free				SUNDAY
5.00						Yoga At Nirvana 10:30 - 11:30am \$30 Cheryl
5.30	Yoga Stretch and Tone 5.30 - 6.25 \$35 Sonja	Hatha Yoga 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



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 Unlimited attendance \$200**

Collect 12 consecutive 30-day membership and receive a credit of \$795 towards a retreat at Nirvana Wellbeing Retreat, conditions apply. All passes must be presented to receive your free weekend retreat includes twin-share accommodation, with shared facilities, retreat meals & program.

- **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, retreat meals & program. (valued at \$795).

- **AYURVEDIC TREATMENT & MASSAGE**

Full body massage (55min): Student \$50 . Therapist \$90 .
Foot: \$90 (30min) . Scalp: \$70 (30min). Shirodhara \$150, Kati Basti \$90.

LUNCHBOX vegan

Ayurvedic Home cooked. Rice, Dhaal, Veggie \$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 Dec 2023 to Jan 2024

www.nirvanawellbeingretreat.com.au

Government Qualifications
www.healthinstitute.edu.au
RTO 45524 CRICOS 03791F

February 2-4, 2024 Calm Abiding and Simple Mindful Silent weekend retreat
February 16-18 2024 Believe In Yourself, Transform Your Life weekend retreat
March 1-3, 2024 Ayurvedic Education and Vegetarian Cooking weekend retreat
March 15-17, 2024 Meaning and Purpose in the Pursuit of Happiness weekend retreat
March 28 - April 1, Radical Peace Silent 5 days retreat
March 28 - April 7, Mindful Living Mindful Being 11 days retreat
April 1-7, The Art of Joyful Living 7 days retreat
May 17-19, Letting Go weekend retreat
May 31 - June 2, Cultivating Mindfulness And Inner Peace Silent weekend retreat

Weekend Retreat Fee, per person includes accommodation, retreat meals, program & one relaxation massage:
Twin share, shared facilities \$795 . Single, shared facilities \$895 . Twin share, ensuite \$995 . Single, ensuite \$1095

Also available: Ayurvedic consultations, massage, weight loss 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 courses

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