

# Our system of payment supports your practice of yoga

**Yoga is a state of Being and the journey to awaken to this state is regular practice over a long period of time.**

**Our pricing system reflects this understanding. The more you commit to attending, and the longer your commitment, the cheaper the fee per class.**

Classes are 90 minutes long and can cost between \$12.50 and \$22 /class

**\$12.50 options include**

- ◇ 15 class cards that are valid for 5 weeks
- ◇ 20 class card that is valid for 10 weeks

**\$16.50 option is a**

- ◇ 10 class card valid for 5 weeks

**\$19.80 option is a**

- ◇ 5 class card valid for 5 week

**\$22 attendance is for a single class.**

We are a hatha yoga school - we use our body as a primary instrument of practice. And what better 'object' than the body, to steady the mind upon? In it we are so invested. Full of desires and fears. In working with the body we have an instrument of both liberation and suffering. A teacher guides us through learning and study, into a practice of freedom from suffering.

**You are not paying for Yoga, because Yoga Is.. Yoga is not a commodity.**

Payment for classes covers the cost of having a teacher available.

A teacher teaches the practices of Abhyasa and Vairagya:

Discipline and Renunciation. These practices develop clarity of perception.

Over time practice equips the body/mind/breath instrument such that it is an instrument capable of meditation. Stillness of mind is how we open the path to walk in the power of our own presence.

**Why does the school use this class card system?**

Cards promote student responsibility for decisions and actions.

*This is yoga applied within every day life.*

## Timetable of classes at each level

### Introductory class times

Monday 4.15 - 5.45pm

Tuesday 6.00 - 7.30pm

Wednesday 9.30 - 11.00am

Thursday 9.30 - 11.00am

Thursday 6.00 - 7.30pm

Saturday 9.30 - 11.00am

### Seniors 60+ *specific*

Tuesday 9.30 - 11.00am

Thursday 9.30 - 11.00am

### Beginner level class times

Tuesday 6.00 - 7.30pm

Wednesday 9.30 - 11.00am

Wednesday 5.30 - 7.00pm

Thursday 6.00 - 7.30pm

Saturday 7.00 - 8.30am

### General level

Monday 6.00 - 7.30pm

Wednesday 5.30 - 7.00pm

Friday 9.30 - 11.00am

## Levels of practice/student experience

### Introductory 0 experience to 6/8 mths

Practice awakens the energy of the physical body and cultivates mental discipline which brings a state of calm abiding presence. All postures are taught methodically so that students learn how best to support their bodies so that practice is safe and nourishing. All students are encouraged to attend this level of class on occasion.

### Beginner 6 mths to 2 years

Developing strength and stability in open sided standing poses. Learning twisting standing poses. Learning how to use props to safely practice shoulder stand and head stand. Increased diversity of asana experience. General level students are encouraged to regularly attend classes as this level to re-evaluate learning.

### General 2 years ongoing

Demonstrated knowledge and experience to set up and practice shoulder stand, both independent and supported, and head stand. Developing a home practice of standing poses including open and twisting standing poses. Demonstrated willingness to question how mental and emotional habits manifest.

## Card purchase and use

Cards must be presented on attendance at *each class*. They are not transferable though couples may share a card as long as they attend the same class.

Cards can be purchased for cash in reception, or on line via the website.

Evidence of payment is required prior to issue of a card.

Cards are valid until the expiry date which is calculated at the time of first use.

Illness and injury will be considered as extenuating circumstances if notification is given *prior* to the expiry date.

Namaste

Polly and Vera (Directors)