

Monday

6.00 - 7.30 pm Introductory/beginner Polly

Tuesday

6.00 - 7.30 am General Polly

9.30 - 11.00 am Seniors (60+) Vera

6.00 - 7.30 pm Beginner Polly

Wednesday

6.00 - 7.00 am Led Practice (Practitioner program enrolment) Polly

9.30 - 11.00 am Recovering from injury/illness Vera

9.30 - 11.00 am Introductory Course (20 oct to 1 Dec) Russell

5.30 - 7.00 pm All levels restorative and pranayama Polly

5.30 - 7.00 pm Introductory Course (20 Oct to 1 Dec) Russell

Thursday

6.00 - 7.30 am General Polly

9.30 - 11.00 am Seniors (60+) Vera

6.00 - 7.30 pm Introductory/beginner Polly

Friday

9.30 - 11.00 am Beginner Polly

Saturday

8.00 - 9.30 am All levels Vera/Polly

**All bookings and payment via the web please,
or contact the office to make alternative arrange-**

www.herveybayyoga.com.au

email: office@herveybayyoga.com.au tel: 07 41246878

Pricing options

Purchase options	Conditions of purchase	Cost	Per class equivalent
20 class card (2 classes/wk)	Valid for 10 weeks not transferable	\$300.00	\$12.50/class
10 class card (2 classes/wk)	Valid for 5 weeks not transferable	\$200.00	\$16.50/class
5 class card (1 class/wk)	Valid for 5 weeks not transferable	\$115.00	\$19.80/class
Single class			\$25.00/class

Please consider carefully your commitment when making a class card purchase.

Yoga for children and teens: Term bookings only

12 - 15 Teens Monday 4.00 - 5.30pm \$99

8 - 12 years Thursday 4.00 - 5.00pm \$88

Classes are designed around you and what it takes to quieten your mind and to free you from habitual thinking. This work prepares you to trust in the wisdom that resides within you; the wisdom that delivers you to a life of purpose and peace.

Level of class	Asana focus and modes of practice
Introductory	Standing postures that support the spine and open the shoulders and hips. Sequencing to move energy in the body and to focus the mind. Learning is methodical and structured.
Introductory/ beginner	Suitable for any student who has a minimum of 8 weeks experience of yoga. Students study the open sided standing poses . A focus is on learning shoulder stand. Shoulder stand is a key posture to address stress and anxiety and to improve digestion, sleep and concentration.
Senior	Classes include all modes of practice with an emphasis on the study of asana that improve stability and energy.
Beginner	Suitable for students with a minimum of 12 weeks of experience who have learnt shoulder stand. A strong emphasis on studying open sided standing poses and learning twisting standing poses. Capacity in the these postures supports a future practice of back bends. Backbends transform how the energy moves in the body. The practice affects us, rather than 'us' controlling the practice.
Beginner/ General	Students develop a capacity to study their reactive mental habits whilst working in postures . The evidence of this is experienced as students develop a five minute shoulder stand and learning independent head stand.
General	The practice mode is applied to open sided standing poses. Emphasis is on studying twisting standing poses; seated twists, long timing forward bends and back bends. The learning mode is used to explore variations in headstand, shoulder stand and hand balancing poses. In these classes, yoga is the teacher of yoga: experience of the practice teaches us about who we are..

More about working with modes of practice

Students **learn** asana to awaken the energy and intelligence of the physical body. The 'learning mode' is applied to broaden our repertoire of asana and to develop a range of techniques for accessing more difficult asana. Students **study** asana to recognize the link between the mind, emotions and breath. The 'studying mode' is the process of refining our perception through using our experience as a focus of attention. We are in a process of discernment which can pertain to the center of gravity; directions of extension or our capacity to access the asana without pushing, grasping, shrinking or collapsing into our habits. Students **practice** asana to discipline the mind and habituate it to stillness and silence. In the 'practice mode' we work with asana that we are competent in and generally stay for long timings within the postures.

With repetition and methodical discipline we re-view and realign our perspective of experience to gain accuracy and clarity of perception. This approach to classical yoga interrupts our habitual use of the mind/body/breath. This pause, or interruption is key to making ourselves available to inner wisdom.