

Monday

5.30 - 7.00 pm Beginner

Polly

Tuesday

6.00 - 7.30 am General

Polly

9.30 - 11.00 am Seniors (60+)

Vera

6.00 - 7.30 pm Introductory/beginner

Polly

Wednesday

6.00 - 7.00 am Led Practice (Term enrolment)

Polly

9.30 - 11.00 am Recovering from injury/illness: seniors (60+)

Vera

9.30 - 11.00 am Intro/Beginner

Russell

5.30 - 7.00 pm Introductory course (no casual attendance)

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

6.00 - 7.00 am Led Practice (Term enrolment)

Russell

9.30 - 11.00 am All levels including experienced seniors

Vera

5.00 - 6.30 pm Restorative and pranayama

Polly

Saturday

8.00 - 9.30 am All levels welcome

Vera

Sunday

4.00 - 5.30 pm Beginner/General

Marian

Timetable and pricing April 7 2022

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

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	Valid for 10 weeks not transferable	\$300.00	\$15.00/class
10 class card	Valid for 5 weeks not transferable	\$200.00	\$20.00/class
5 class card	Valid for 5 weeks not transferable	\$115.00	\$23.00/class
Single class			\$25.00/class

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

Teens and children: Term bookings only

5 - 9 years	Thursday 4.00 - 5.00pm	\$88
10 - 14 years	Thursday 4.00 - 5.00pm	\$88

At the Hervey Bay School of Yoga we teach students to position themselves as ‘learners’ ‘students’ and ‘practitioners’ - these lenses (modes of practice) align us mentally and emotionally. They teach us what we need to let go of so that we enter an experience of Yoga. Yoga as a state of being: a state of inner strength and abiding calm

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.

Classes are designed around what is required for a human being to quieten their mind and to free oneself from habitual/limited thinking. Classes prepare us to trust in the wisdom that resides within; the wisdom that guides us into a life of purpose and peace.

Level	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 anyone of good general health. Most students attending at this level of class have 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 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..