



Yoga Moves

Winter Timetable 2008

Term Dates: Monday 21st July - Saturday 27th September (10 weeks)

	Class	Time	Teacher
M O N D A Y			
	Beginner /General	9.30am - 11am	Deb Milianku
	Beginner/General	5.45pm - 7.15pm	Deb Milianku
T U E S D A Y			
MUST BOOK	Beginner	9.30am - 11am	Usha Elderfield
MUST BOOK	Beginner/General	5.45pm - 7.15pm	Usha Elderfield
W E D N E S D A Y			
MUST BOOK	Intermediate Level 1	9.15am - 10.45am	Usha Elderfield
	Awareness Through Movement - A Feldenkrais Approach to Yoga	11am - 12.30pm	Usha Elderfield
	Awareness Through Movement - A Feldenkrais Approach to Yoga	5.45pm - 7.15pm	Usha Elderfield
T H U R S D A Y			
	Beginner/General	9.30am - 11am	Usha Elderfield
	Intermediate Level 1/2	6pm - 7.30pm	Usha Elderfield
F R I D A Y			
	General (Iyengar based yoga, suitable for beginners)	9.30am - 11am	Claire Harrap
S A T U R D A Y			
MUST BOOK	Awareness Through Movement - A Feldenkrais Approach to Yoga	9.15am - 10.45am	Usha Elderfield
	Beginner	11am - 12.30pm	Usha Elderfield

- Classes listed as 'Must Book' require pre-registration. All other classes may be attended without prior booking.
- Should you miss one of your regular classes, you can make it up at any other Yoga Moves class (including 'must book' classes and classes with other teachers) in the same term, providing there is space in that class. Please phone prior to arrival to check on the availability of spaces.
- Refunds/credits will only be given with a medical certificate. No exceptions.
- Health Fund Rebates available with some health insurance companies. Please ask your teacher for a receipt.

Yoga Moves Studio: 45 Evans Street, Shenton Park (corner of Evans Street and Herbert Road)

9486 7740 usha@yogamoves.net.au www.yogamoves.net.au

Postal Address: P.O. Box 7191, Shenton Park 6008