



Yoga Moves

January programme: Monday 11th January - Saturday 30th January (3 weeks)

	Class	Time	Teacher
MONDAY			
	Hatha Open (beginners welcome)	5.45pm - 7.15pm	Claire
THURSDAY			
Please book on 9486 7740	Individual Feldenkrais lessons	9am – 1pm	Usha
	Open (beginners welcome)	6pm - 7.30pm	Usha
FRIDAY			
	Hatha Open (beginners welcome)	9.30am - 11am	Claire
Please book on 9486 7740	Individual Feldenkrais lessons	11.30am – 5.30pm	Usha
SATURDAY			
	Beginner/General	9.30am - 11am	Usha

The three weeks of January classes are 'maintenance' classes to keep our bodies and minds tuned in until the summer term starts in February. Students with all levels of experience are welcome to attend these classes but new students who have injuries or who are absolute beginners should speak to Usha before their first class.

Phone 9486 7740 or email usha@yogamoves.net.au

3 classes
(to be used within 3 weeks, expires Saturday 30th January) \$48 / \$39 conc.

6 classes
(to be used within 3 weeks, expires Saturday 30th January) \$84 / \$66 conc.

Casual classes \$19 / \$16 conc.

Getting A Good Night's Sleep workshop
Sat 23rd Jan, 1pm – 4.30pm and Sun 24th Jan, 9.30am – 1pm \$100 / \$80 conc.

Individual Feldenkrais lessons with Usha \$75 (1 hour)

Missed Classes/Credit/Transfers: Class charges are non-refundable. Should you miss one of your regular classes, you may make it up at any other class before Saturday 30th January. Credit will only be given from the date a medical certificate is received. Bookings may only be transferred to another person if classes have not yet commenced.

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 & Herbert Road)

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