



# Yoga Moves

Winter Term 2009  
Monday 20<sup>th</sup> July - Saturday 26<sup>th</sup> September (10 weeks)

	Class	Time	Teacher
<b>MONDAY</b>			
<i>Must book</i>	Hatha Open (beginners welcome)	5.45pm - 7.15pm	Eithne
<b>TUESDAY</b>			
	Beginner/General	9.30am - 11am	Usha
<i>Must book</i>	Beginner/General	5.45pm - 7.15pm	Usha
All levels of experience welcome	Awareness Through Movement Backs, necks and shoulders	7.30pm - 8.45pm	Usha
<b>WEDNESDAY</b>			
	Open	9.30am - 11am	Usha
All levels of experience welcome	Awareness Through Movement Backs, necks and shoulders Classes begin 12 <sup>th</sup> August	11.15am - 12.45pm	Usha
	Hatha Open (beginners welcome)	5.45pm - 7.15pm	Eithne
<b>THURSDAY</b>			
	Hatha Open (beginners welcome)	9.30am - 11.00am	Eithne
All levels of experience welcome	Awareness Through Movement: Backs, necks and shoulders Classes begin 13 <sup>th</sup> August	11.15am - 12.45pm	Usha
	Open	5.45pm - 7.15pm	Usha
<b>FRIDAY</b>			
	Hatha Open (beginners welcome)	9.30am - 11am	Claire
<b>SATURDAY</b>			
	Open	9.15am - 10.45am	Usha
	Hatha Open (beginners welcome)	11.15am - 12.45pm	Eithne

- Classes listed as 'Must book' require pre-registration. All other classes may be attended without prior booking.
- **Missed Classes:** Class charges are non-refundable. Should you miss one of your regular classes, you may make it up at any other class (including 'must book' classes and classes with other teachers) in the same term providing there is a space available. Please phone or email ahead to check if you are unsure.
- **Credit/Transfers:** 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)  
9486 7740      usha@yogamoves.net.au      www.yogamoves.net.au  
Postal Address: PO Box 7191, Shenton Park 6008

