

Term 1 2024 at Centre of Movement Studies & Yoga Moves

MONDAY				
+ZOOM indicates classes are live-streamed and in studio				
8 wks, 29 Jan – 25 Mar No class 18 Mar	<i>Feldenkrais: Moving towards Meditation</i> +ZOOM You may attend 1 or both classes. Arrive and leave with awareness.	6.15am – 7.15am	Sara	0415 363 313
8 wks, 29 Jan – 25 Mar No class 18 Mar	<i>Meditation: Re/membering</i> +ZOOM You may attend 1 or both classes. Arrive and leave with awareness.	7.20am – 8.20am	Sara	0415 363 313
8 wks, 29 Jan – 25 Mar No class 18 Mar	<i>Feldenkrais: Lighten Up Level 2</i> +ZOOM	10.30am – 11.45am	Sara	0415 363 313
Bookings required	Individual lessons	1.15pm – 4.30pm	Sara	0415 363 313
9 wks, 29 Jan – 25 Mar	Yoga: Physio-led Hatha & Slow Vinyasa Open to all	5.15pm – 6.30pm	Jane	0429 922 883
10 wks, 29 Jan – 1 Apr Bookings required	<i>Calm Abiding Meditation Course</i> + ZOOM	7.30pm – 8.45pm	Michael	Contact Denise calmabidingmed@hotmail.com
TUESDAY				
8 wks, 6 Feb – 26 Mar	Yoga for Well-Being +ZOOM Beginners welcome	9.30am – 10.30am	Jess	0411 673 212
5 wk course, 6 Feb – 5 Mar Bookings required	Yoga for Trauma Recovery +ZOOM	11am – 12pm	Jess	0411 673 212
Bookings required	Individual lessons	12.15pm - 2.30pm	Jess	0411 673 212
8 wks, 30 Jan – 19 Mar	<i>Feldenkrais: Lighten Up Level 2</i> +ZOOM You may attend 1 or both classes. Arrive and leave with awareness.	5.15pm – 6.30pm	Sara	0415 363 313
8 wks, 30 Jan – 19 Mar	<i>Meditation: Re/membering</i> +ZOOM You may attend 1 or both classes. Arrive and leave with awareness.	6.35pm – 7.35pm	Sara	0415 363 313
WEDNESDAY				
9 wks, 31 Jan – 27 Mar	Yoga: Beyond Beginners +ZOOM Mixed level Hatha, not for absolute beginners	9.15am – 10.45am	Claire	0439 529 744
9 wks, 31 Jan – 27 Mar	Yoga: Physio-led Hatha & Slow Vinyasa +ZOOM Open to all	4pm – 5.15pm	Jane	0429 922 883
THURSDAY				
Bookings required	Individual lessons	11.30pm – 4.30pm	Jane	0429 922 883
8 wks, 1 Feb – 21 Mar	<i>Feldenkrais: Sit, Stand, Balance, Walk</i> +ZOOM	5.30pm – 6.45pm	Sara	0415 363 313
8 wks, 1 Feb – 21 Mar	<i>Meditation: Returning to our Natural State</i> +ZOOM	7.15pm – 8.15pm	Richard	Contact Gaby mindmed.yin@outlook.com
FRIDAY				
8 wks, 2 Feb – 22 Mar	<i>Meditation: Returning to our Natural State</i> +ZOOM	11.15am – 12.15pm	Richard	Contact Gaby mindmed.yin@outlook.com
Bookings required	Individual lessons	1.15pm – 4.30pm	Sara	0415 363 313
SATURDAY				
8 wks, 3 Feb – 30 Mar No class 2 Mar	<i>Lighten Up</i> +ZOOM Levels 3/4, experienced only. You may attend 1 or both classes. Arrive and leave with awareness.	7.20am – 8.35am	Sara	0415 363 313
8 wks, 3 Feb – 30 Mar No class 2 Mar	<i>Meditation: Practising with Archetype & Symbol</i> You may attend 1 or both classes. Arrive and leave with awareness.	8.45am – 9.45am	Sara	0415 363 313
8 wks, 3 Feb – 30 Mar No class 2 Mar	<i>Feldenkrais: Lighten Up Level 1 Beginners</i> In studio and recorded, open to all	10am – 11.30am	Sara	0415 363 313

Term 1 2024 Timetable: Monday 29 January – Saturday 30 March (mostly)

Casual classes	\$28 / \$25 concession
9 class pass (normal term length)	\$216 / \$198 concession + 1 free pass*
7 class pass	\$182 / \$168 concession
18 class pass	\$432 / \$396 concession + 1 free pass*
8 class pass (Jess's classes only)	\$192 / \$176 concession + 1 free pass*
5 class pass (Jess's 5 wk course only)	\$250 / \$175 concession

55 min individual lesson with Sara \$145 per lesson **OR book & prepay for series of 3 lessons \$345**

ZOOM 55 min individual lesson with Sara \$95 per lesson (ZOOM only)

Meditation and all group movement meditation classes with Sara, Michael and Richard:

The classes in non-bold italics on the timetable with Richard, Michael and Sara are by *dana* and are not included as part of the class card or free pass system. *Dana* is often taken to simply mean donation or gift. *Dana* is a Buddhist teaching about generosity of spirit or the sharing of blessings, the aspiration to generate health and goodwill in all the cycles of giving and receiving; the transactions of daily life. In reflecting on the practice of *dana* one begins to understand the interdependence of life. *Dana* is a gift that supports the livelihood of the teacher and their family. In turn, the teachings offered are to support you in meeting with life with wisdom and compassion. Each participant arrives at the amount of *dana* voluntarily. Teachers of the Dharma are supported by considerate donation. Following Buddhist tradition, we charge no fee for teaching. It is customary to offer *dana* at the beginning of the class (there is usually a bowl at near the entrance). Giving prior to the teaching supports the experience of openness and generosity.

Terms & Conditions for class cards (please read before purchasing a class card)

- ❖ Concession prices do not apply to all Health Card Holders or all Seniors – they apply specifically to full time students and those receiving disability or unemployment benefits.
- ❖ Class charges are non-refundable. There are no refunds or credits available due to any circumstances including COVID. All classes are recorded, and should you miss your class for any reason (including COVID) and you are unable to join live with ZOOM, you will be sent a suitable recording as a replacement class. Should the recording fail, you will be sent an alternative replacement class recording.
- ❖ All face-to-face / in studio classes will revert to being ZOOM ONLY should COVID-19 community transmission become an issue in WA. Please make sure that you are 'ZOOM ready'. Ask your teacher should you need some help with this.
- ❖ Should you miss one of your regular classes, you may make it up at another class with the same teacher within the same term, unless you have purchased a 9 week, or 18 week class pass which allows one free class with any other teacher on the timetable in the same term*. (*Classes which require previous experience or are fully booked may be excluded e.g meditation classes and Sara's classes).
- ❖ Payment is due before your first class and, if applicable, your teacher will send you a link for ZOOM by email.
- ❖ Please check the dates of your teacher's classes before you buy a class pass (dates are on the timetable). All class cards are to be used within, and expire at the end of, the term dates stipulated on the class timetable. No exceptions without a medical certificate.
- ❖ Class cards may be shared with one other family member only when that person is nominated at the time of purchase.
- ❖ Direct transfer payments and cash accepted. No credit cards or cheques. For direct transfer please use your name as the reference and send an email to the relevant teacher for a confirmation of receipt, if required. Account names and numbers are below and on the website.

Email and bank details for the teachers are as follows:

Sara Elderfield	sara@yogamoves.net.au	Acc. name: Centre for Movement Studies	BSB: 066 130	No: 1036 6227
Claire Schafer	claire@findyourfeetyoga.com.au	Acc. name: VN & CH Schafer	BSB: 306 145	No: 1047693
Jess Grunberg	hello@zosiyoga.com	Acc name: Zosia Yoga	BSB: 036 051	No: 559941
Jane Leslie	jane@yoyana.com.au	Acc. name: Jane Leslie	BSB: 063 179	No: 1049 1385

Studio entrance: 45 Evans Street, Shenton Park | www.yogamoves.net.au & www.centreformovementstudies.com.au

General enquiries contact Sara Elderfield: 0415 363 313 / sara@yogamoves.net.au