

# Term 2 2024 at Centre of Movement Studies & Yoga Moves

Thursday 11 April – Saturday 29 June (mostly)

<b>MONDAY</b>		<b>+ZOOM indicates classes are live-streamed and in studio</b>			
9 wks, 15 Apr – 10 Jun	Meditation: Re/membering +ZOOM	7.20am – 8.20am	Sara	0415 363 313	
9 wks, 15 Apr – 10 Jun	Feldenkrais: Lighten Up Level 2 +ZOOM	10am – 11.15am	Sara	0415 363 313	
Bookings required	<b>Individual lessons</b>	<b>1.15pm – 4.30pm</b>	<b>Sara</b>	<b>0415 363 313</b>	
11 wks, 15 Apr – 24 Jun	<b>Yoga: Physio-led Hatha &amp; Slow Vinyasa</b> Open to all	<b>5.15pm – 6.30pm</b>	<b>Jane</b>	<b>0429 922 883</b>	
<b>TUESDAY</b>					
11 wks, 16 Apr – 25 Jun	<b>Yoga for Well-Being +ZOOM</b> Beginners welcome	<b>9.30am – 10.30am</b>	<b>Jess</b>	<b>0411 673 212</b>	
5 wk course, 23 Apr – 21 May Bookings required	<b>Yoga for Trauma Recovery +ZOOM</b>	<b>11am – 12pm</b>	<b>Jess</b>	<b>0411 673 212</b>	
Bookings required	<b>Individual lessons</b>	<b>12.15pm - 2.30pm</b>	<b>Jess</b>	<b>0411 673 212</b>	
9 wks, 16 Apr – 11 Jun	Feldenkrais: Lighten Up Level 2 +ZOOM	5.15pm – 6.30pm	Sara	0415 363 313	
9 wks, 16 Apr – 11 Jun	Feldenkrais: Anti-Gravity First Aid for Daily Life +ZOOM	6.45pm – 8pm	Sara	0415 363 313	
<b>WEDNESDAY</b>					
9 wks, 17 Apr – 26 Jun No classes 15 & 22 May	<b>Yoga: Beyond Beginners +ZOOM</b> Mixed level Hatha, not for absolute beginners	<b>9.15am – 10.45am</b>	<b>Claire</b>	<b>0439 529 744</b>	
11 wks, 17 Apr – 26 Jun	<b>Yoga: Physio-led Hatha &amp; Slow Vinyasa +ZOOM</b> Open to all	<b>4pm – 5.15pm</b>	<b>Jane</b>	<b>0429 922 883</b>	
<b>THURSDAY</b>					
Bookings required	<b>Individual lessons</b>	<b>11.30pm – 4.30pm</b>	<b>Jane</b>	<b>0429 922 883</b>	
9 wks, 11 Apr – 13 Jun No classes 25 Apr	Feldenkrais: Sit, Stand, Balance, Walk +ZOOM	5.30pm – 6.45pm	Sara	0415 363 313	
8 wks, 2 May – 20 Jun	Meditation: Returning to our Natural State +ZOOM	7.15pm – 8pm	Richard	Contact Gaby <a href="mailto:mindmed.yin@outlook.com">mindmed.yin@outlook.com</a>	
<b>FRIDAY</b>					
8 wks, 3 May – 21 Jun	Meditation: Returning to our Natural State +ZOOM	11.15am – 12.15pm	Richard	Contact Gaby <a href="mailto:mindmed.yin@outlook.com">mindmed.yin@outlook.com</a>	
Bookings required	<b>Individual lessons</b>	<b>1.15pm – 4.30pm</b>	<b>Sara</b>	<b>0415 363 313</b>	
<b>SATURDAY</b>					
9 wks, 13 April – 15 Jun No class 4 May	Lighten Up +ZOOM Levels 3/4, experienced only.	7.20am – 8.35am	Sara	0415 363 313	
9 wks, 13 Apr – 15 Jun No class 4 May	Feldenkrais: Lighten Up Level 1 Beginners In studio and recorded, open to all	9am – 10.30am	Sara	0415 363 313	
4 wks, 18 May – 8 Jun	Meditation: Practising with Archetype & Symbol	10.45am – 12pm	Sara	0415 363 313	

## Term 2 2024 Timetable: Thursday 11 April – Saturday 29 June (mostly)

Casual classes	\$28 / \$25 concession
11 class pass (normal term length)	\$264 / \$242 concession + 1 free pass*
8 class pass	\$208 / \$192 concession
22 class pass	\$528 / \$484 concession + 2 free passes*
9 class pass (Claire's classes only)	\$216 / \$198 concession + 1 free pass*
7 class pass (Claire's classes only)	\$182 / \$168 concession
5 class pass (Jess's 5 wk course only)	\$250 / \$175 concession

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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)

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### 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.

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### 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	<a href="mailto:sara@yogamoves.net.au">sara@yogamoves.net.au</a>	Acc. name: Centre for Movement Studies	BSB: 066 130	No: 1036 6227
Claire Schafer	<a href="mailto:claire@findyourfeetyoga.com.au">claire@findyourfeetyoga.com.au</a>	Acc. name: VN & CH Schafer	BSB: 306 145	No: 1047693
Jess Grunberg	<a href="mailto:hello@zosiayoga.com">hello@zosiayoga.com</a>	Acc name: Zosia Yoga	BSB: 036 051	No: 559941
Jane Leslie	<a href="mailto:jane@yoyana.com.au">jane@yoyana.com.au</a>	Acc. name: Jane Leslie	BSB: 063 179	No: 1049 1385

Studio entrance: 45 Evans Street, Shenton Park | [www.yogamoves.net.au](http://www.yogamoves.net.au) & [www.centreformovementstudies.com.au](http://www.centreformovementstudies.com.au)

General enquiries contact Sara Elderfield: 0415 363 313 / [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au)