

# Centre for Movement Studies & Yoga Moves Timetable Summer 2018

**Class dates listed next to each class. Fees payable for classes in bold text. Community classes (in non-bold italics) with Sara, Michael and Richard are by *dana* (considered generosity/donation).**

Dates	Class	Time	Teacher	
<b>MONDAY</b>				
9 wks, starts 29 Jan ends 9 Apr No class public holiday 5 Mar & 2 Apr	<b>Feldenkrais: Awareness Through Movement class</b> open to all	10am – 11am	Jenny D	0439 881 300
11 wks, starts 29 Jan ends 9 Apr 1 class 5.30pm on 5 Mar & 2 Apr	<b>Yoga: Solid and Steady for all</b> Beginners welcome	4pm – 5.30pm	Peter	0408 088 801
11 wks, starts 29 Jan ends 9 Apr 1 class 5.30pm on 5 Mar & 2 Apr	<b>More Good Solid Yoga for all</b>	5.45pm – 7.15pm	Peter	0408 088 801
11 wks, starts 29 Jan ends 15 Apr No class public holiday 5 Mar & 2 Apr	<i>Introduction to Calm Abiding Meditation Course</i>	7.30pm – 8.45pm	Michael	Contact Victoria <a href="mailto:calmabidingmed@hotmail.com">calmabidingmed@hotmail.com</a>
<b>TUESDAY</b>				
8 wks, starts 30 Jan ends 23 Mar	<i>Walking and sitting meditation</i> Contact Sara before attending first time	7.30am – 8.30am	Sara	0415 363 313
11 wks, starts 30 Jan ends 10 Apr	<b>Gentle Hatha Yoga</b> Level 1 & continuing beginners	9.15am – 10.45am	Jude	0406 260 857
11 wks, starts 30 Jan ends 10 Apr	<b>Feldenkrais ATM class: Sens-ation-all Movements</b>	11.30am – 12.30pm	Sue	0407 717 056
11 wks, starts 30 Jan ends 10 Apr	<b>Yoga: Calm Clear Connected</b> Beginners & continuing beginners	5.45pm – 7.15pm	Sara	0415 363 313
11 wks, starts 30 Jan ends 10 Apr	<b>Feldenkrais class: Life Moves</b> Open Awareness Through Movement	7.30pm – 8.45pm	Sara	0415 363 313
<b>WEDNESDAY</b>				
11 wks, starts 31 Jan ends 11 Apr	<b>Yoga: Beyond Beginners</b> Mixed level Hatha, not for absolute beginners	9.15am – 10.45am	Claire	0439 529 744
6 wks, starts 31 Jan ends 7 Mar	<b>Feldenkrais: Pregnant Pauses</b> Awareness Through Movement class	11.15am – 12.15pm	Sue	0407 717 056
11 wks, starts 31 Jan ends 11 Apr	<b>Yoga: Renew and Revive - Gentle Hatha Vinyasa</b> Open to all	6.15pm – 7.45pm	Jen O	0406 773 768
<b>THURSDAY</b>				
11 wks, starts 1 Feb ends 12 Apr	<b>Yoga: Calm Clear Connected</b> Beginners & continuing beginners	9.15am – 10.45am	Sara	0415 363 313
11 wks, starts 29 Jan ends 12 Apr	<b>Feldenkrais class: Life Moves</b> Open Awareness Through Movement	11am – 12.15pm	Sara	0415 363 313
9 wks, starts 1 Feb ends 29 Mar	<i>Yoga/Feldenkrais for Meditators: Befriending Your Body</i>	5.30pm – 7pm	Sara	0415 363 313
9 wks, starts 1 Feb ends 29 Mar	<i>Buddhism, Mindfulness &amp; Refuge Meditation Course</i> Bookings required	7.30pm – 8.45pm	Richard	Contact Sara <a href="mailto:sara@yogamoves.net.au">sara@yogamoves.net.au</a>
<b>FRIDAY</b>				
10 wks, starts 2 Feb ends 13 April No class Good Friday	<b>Feldenkrais: Awareness Through Movement class</b> open to all	9.15am – 10.15am	Jenny D	0439 881 300
10 wks, starts 2 Feb ends 13 April No class Good Friday	<i>Open Meditation Practice 'sit'</i>	11.15am – 12.15pm	Richard	Contact Sara <a href="mailto:sara@yogamoves.net.au">sara@yogamoves.net.au</a>
2 Feb – 23 Mar Online bookings, see below	<b>Individual Feldenkrais &amp; yoga lessons</b>	1.30pm – 6pm	Sara	0415 363 313
<b>SATURDAY</b>				
11 wks, starts 3 Feb ends 14 Apr	<b>Yoga: Solid and Steady Saturdays</b> Beginners welcome	9.15am – 10.45am	Peter	0408 088 801
11 weeks, starts 3 Feb ends 14 Apr	<b>Yoga: Strong and Spacious Hatha Vinyasa</b> Not for beginners	11am – 12.30pm	Jen O	0406 773 768
4 wks, 10 Feb ends 3 Mar	<b>Yoga for Beginner Beginners</b>	1pm – 2.30pm	Sara	0415 363 313

[www.yogamoves.net.au](http://www.yogamoves.net.au) & [www.centreformovementstudies.com.au](http://www.centreformovementstudies.com.au)

45 Evans Street, Shenton Park (cnr of Evans Street & Herbert Road, next to West Subiaco Masonic Hall)

Sara's individual lesson bookings: <https://clients.mindbodyonline.com/classic/home?studioid=341131>

## Summer 2018 Timetable from Mon 29 Jan – Sat 14 Apr (11 weeks... mostly)

Some classes (*in non-bold italics on the timetable*) with Sara, Michael & Richard are by *dana* (considered generosity) and have different term lengths and start/end dates - see dates on timetable or website [www.yogamoves.net.au](http://www.yogamoves.net.au)

Casual classes	\$25/\$22 concession
11 class pass (Sara, Pete, Claire, Jude, Jen, Sue)	\$231/\$209 concession (with 1 free pass)
10 class pass (Jenny D Feldenkrais Fridays only)	\$210/\$190 concession (with 1 free pass)
9 class pass (Jenny D Feldenkrais Mondays only)	\$189/\$171 concession (with 1 free pass)
8 class pass (all classes)	\$184/\$168 concession
6-week Pregnant Pauses Feldenkrais series	\$150/\$120 concession
4 wk course Yoga for Beginner Beginners	\$84/\$76 concession
50 min individual yoga or Feldenkrais lesson OR Series of 3 individual lessons with Sara	Health fund rebates apply \$100 <b>OR</b> \$264 <b>prepaid</b> includes GST (\$88 per lesson)

*Calm Abiding and Mindfulness Meditation and the meditation themed classes/workshops* (the classes in non-bold italics on the timetable) with Richard, Michael and Sara are by *dana* (considered generosity/donation) **and are not included as part of the class card system. A bowl for dana will be on the desk at the entrance of the class.** These classes often have different dates – check the timetable or specific flyers.

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

- ❖ Payment is due before or at your first class depending on whose class you will be attending. See payment details below.
- ❖ All class passes are to be used within the 'term' they are purchased. **All class cards are to be used within 11 weeks and will expire at the end of the 'term': Saturday 14<sup>th</sup> April.**
- ❖ Class charges are non-refundable. Should you miss one of your regular classes, you may make it up at another class with the *same* teacher, unless you have purchased a 11 or 10 class pass, which allows a free class to any other teacher on the timetable in the same term\* (\*Classes that require previous experience (eg Yoga/Feldenkrais for Meditators) or are fully booked may be excluded. Please check with the class teacher before the class you intend to make up).
- ❖ Class cards may be shared with one other family member only when that person is nominated *at the time of purchase*.
- ❖ Please note that concession prices do not apply to all Health Card Holders or all Seniors – it applies specifically to full time students and those receiving aged, disability or unemployment benefits.
- ❖ **Cash, cheque and direct transfer payments accepted. No credit cards.** Please make any cheques payable to the teacher whose classes you attend and present the cheque at your first class. 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.
- ❖ Some health fund rebates are available for classes and individual lessons. Request more information from individual teachers as required.

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: Yoga Moves	BSB: 066 125 A/c No: 1013 5666
Jude Carter:	<a href="mailto:info@pemayoga.com.au">info@pemayoga.com.au</a>	Acc. name: Judith Carter	BSB: 085 443 A/c No: 629698194
Peter Humphry:	<a href="mailto:phumphry@gmail.com">phumphry@gmail.com</a>	Acc. name: Peter Humphry	BSB: 016 452 A/c No: 5898 06727
Jen Opie:	<a href="mailto:jen.o.ihana@gmail.com">jen.o.ihana@gmail.com</a>	Acc. name: J L Opie	BSB: 806 036 A/c No: 636 564
Sue Ward:	<a href="mailto:sue.ward@inet.net.au">sue.ward@inet.net.au</a>	Acc. name: MS & SH Ward	BSB: 736-083 A/c No: 503 544
Claire Schafer:	<a href="mailto:claire@findyourfeetyoga.com.au">claire@findyourfeetyoga.com.au</a>	Acc. name: VN & CH Schafer	BSB: 306 145 A/c No: 1047693
Jenny D'Cruz:	<a href="mailto:jen.infinitemovement@gmail.com">jen.infinitemovement@gmail.com</a>	Acc. name: Infinite Movement	BSB: 062 692 A/c No: 3283 6212

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