

# Centre For Movement Studies Spring 2017

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

	Class	Time	Teacher
<b>MONDAY</b>			
6 wks, starts 30 Oct ends 4 Dec	Open Meditation practice 'sit'	1.30pm – 2.30pm	Richard and Sara email sara@yogamoves.net.au
10 wks, starts 9 Oct ends 11 Dec	<b>Level 1 Yoga</b> Beginners welcome	<b>4pm – 5.30pm</b>	<b>Peter 0408 088 801</b>
10 wks, starts 9 Oct ends 11 Dec	<b>Level 1 / 2 Yoga</b>	<b>5.45pm – 7.15pm</b>	<b>Peter 0408 088 801</b>
10 wks, starts 21 Aug ends 30 Oct No class public holiday 25 Sep	Introduction to Calm Abiding Meditation	7.30pm – 8.45pm	Michael (contact Deb at debseyoga@hotmail.com)
<b>TUESDAY</b>			
10 wks, starts 10 Oct ends 12 Dec	<b>Gentle Hatha Yoga – level 1 &amp; continuing beginners</b>	<b>9.30am – 11am</b>	<b>Jude 0406 260 857</b>
8 wks, starts 24 Oct ends 12 Dec	<b>Beginner/General Yoga</b>	<b>5.45pm – 7.15pm</b>	<b>Sara 0415 363 313</b>
8 wks, starts 24 Oct ends 12 Dec	<b>Feldenkrais ATM class</b>	<b>7.30pm – 8.45pm</b>	<b>Sara 0415 363 313</b>
<b>WEDNESDAY</b>			
10 wks, starts 11 Oct ends 13 Dec	<b>Level 1 &amp; 2 Yoga</b>	<b>9.15am – 10.45am</b>	<b>Claire 0439 529 744</b>
Online bookings, see below.	<b>Individual Feldenkrais and yoga lessons with Sara</b>	<b>12.30pm – 4pm</b>	<b>Sara 0415 363 313</b>
7 wks, starts 1 Nov ends 13 Dec	Open Meditation practice 'sit'	7.30pm – 8.30pm	Alternating teachers email sara@yogamoves.net.au
<b>THURSDAY</b>			
8 wks, starts 26 Oct ends 14 Dec	<b>Beginner/General Yoga</b>	<b>9.15am – 10.45am</b>	<b>Sara 0415 363 313</b>
8 wks, starts 26 Oct ends 14 Dec	<b>Feldenkrais ATM class</b>	<b>11am – 12.15pm</b>	<b>Sara 0415 363 313</b>
8 wks, starts 26 Oct ends 14 Dec	<i>Yoga for Meditators</i>	5.30pm – 7pm	Sara 0415 363 313
<b>FRIDAY</b>			
Online bookings, see below.	<b>Individual Feldenkrais and yoga lessons with Sara</b>	<b>10.30am – 6pm</b>	<b>Sara 0415 363 313</b>
<b>SATURDAY</b>			
10 wks, starts 14 Oct ends 16 Dec	<b>Open Yoga</b> Beginners welcome	<b>9.30am - 11am</b>	<b>Peter 0408 088 801</b>

Centre for Movement Studies and Yoga Moves Studio:

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

Contact Sara Elderfield on 0415 363 313 or email: [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au)

Sara's individual lessons online bookings:

<https://clients.mindbodyonline.com/classic/home?studioid=341131>

Studio Address: 45 Evans Street, Shenton Park (corner of Evans Street & Herbert Road)

Postal Address: PO Box 7191 Shenton Park 6008

## Spring 2017 Timetable from Mon 9 October – Sat 14 December (10 weeks... mostly)

Some classes (*in non-bold italics on the timetable*) with Sara, Michael, Richard, Emily and Sue 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
10 class pass (Sara, Pete, Claire & Jude)	\$210/\$190 concession (with 1 free pass)
7 class pass (Sara, Pete, Claire & Jude)	\$161/\$147 concession
8 class pass (Sara's classes only)	\$184/\$168 concession
50 min individual yoga or Feldenkrais lesson	Health fund rebates apply \$100 <b>OR</b>
OR Series of 3 individual lessons with Sara	\$255 prepaid (\$85 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, Sara, Sue and Emily are by *dana* (considered generosity) 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 to Sara, Pete, Jude or Claire depending on whose class you will be attending. See account details below.
- ❖ All class passes are to be used within the 'term' they are purchased. **All class cards are to be used within 10 weeks and will expire on Saturday 16<sup>th</sup> December.**
- ❖ 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 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 on the class registration form 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:** [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au)

Account Name: Yoga Moves at Commonwealth; BSB: 066 125, A/c No. 1013 5666

**Peter Humphry:** [pumphry@gmail.com](mailto:pumphry@gmail.com)

Account Name: Peter Humphry; BSB: 016 452, A/c No. 5898 06727

**Jude Carter:** [info@pemayoga.com.au](mailto:info@pemayoga.com.au)

Account Name: Judith Carter; BSB: 085 443, A/c No. 629698194

**Claire Schafer:** [claire@findyourfeetyoga.com.au](mailto:claire@findyourfeetyoga.com.au)

Account Name: VN & CH Schafer; BSB: 306 145, A/c No. 1047693