

shanti yoga

Peace in every breath

TIMETABLE



Slow down Expand your heart Still your mind Nourish your body Honour your soul Embrace the whole



All classes suitable for beginners. All bodies, ages and genders welcome.

| ॐ | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--|--|---|--|---|--|
| 9.15 | Mindfulness and Breathing 9.15 - 10.30 \$25 Shantiji | | Yoga Stretch and Tone* 9.15 - 10.10 \$20 Hilary | | Yoga Stretch and Tone* 9.15 - 10.10 \$20 Cheryl | |
| 10.15 | Yoga Easy and Gentle 10.30 - 11.30 \$25 Shantiji | | | | | Yoga Stretch and Tone 10.15 - 11.10 \$20 Sue |
| 10.30 | | Restorative Ground Yoga 10.30 - 11.30 \$25 Shantiji | | Yoga for Stress Release 10.30 - 11.30 \$25 Shantiji | | |
| 11.30 | Relaxation and Meditation 11.30 - 12.15 \$20 Shantiji | Yoga Easy and Gentle 11.30 - 12.30 \$25 Shantiji | | Yoga Easy and Gentle 11.30 - 12.30 \$25 Shantiji | | |
| 12.15 | Vegetarian Lunch 12.15 - 1.00 \$12 | | | | | |
| 12.30 | | Deep Conscious Relaxation 12.30 - 1.15 \$20 Shantiji | | Mindfulness Meditation 12.30 - 1.15 \$20 Shantiji | | |
| 1.00 | Living Yoga Philosophy* 1.00 - 2.00 FREE Shantiji | | | | | |
| 2.00 | Spiritual Movie/ Chanting* 2.00 - 4.00 FREE All welcome | | | Express Yourself: Speak, Dramatise, Improvise 2.00 - 3.15 \$45 Louise | | SUNDAY |
| 4.00 | | | Children's Yoga 4.00 - 4.45 FREE | | | Walk and Talk 4.00 - 5.00 FREE |
| 5.30 | Yoga Stretch and Tone 5.30 - 6.25 \$20 Sonja | Yoga Stretch and Tone 5.30 - 6.25 \$20 Lynanne | Yoga Stretch and Tone 5.30 - 6.25 \$20 Sue | Yoga Stretch and Tone 5.30 - 6.15 \$20 Lynanne | | |
| 6.30 | Bollywood Dance Fun for everyone* 6.30 - 7.15 \$35 Sonja/ Cheryl | HathaYoga & Vinyasa 6.30 - 7.30 \$25 Sonja | Deep Conscious Relaxation 6.30 - 7.30 \$25 Shantiji | | | |
| 7.30 | | Mindfulness Meditation 7.30 - 8.15 \$20 Sonja | Remedial Yoga 7.30 - 8.45 \$25 Shantiji | | | |
| 8.00 | | | | | | ॐ |

Shop 1, 126 Scarborough Street Southport

shantiyoga.com.au 5531 0511

*only during school terms.

CD recording of Shantiji in her absences. No fee. Classes and teachers might be subject to change.

as of 22 Jan 2018



Peace in every breath

Shanti Yoga invites you to experience health, vitality, wellbeing and peace of mind. With multi-level classes suitable for beginners, you can enjoy a deeply relaxing class consisting of gentle stretching and calm breathing, all whilst releasing stress and anxiety. No matter what level of fitness or strength you have at the moment, our classes are suitable for everyone.

Shanti Yoga Fees

Casual - \$20 per 55mins session

Bonus for back to back classes.

Pay \$20 casually for your first class, and receive your second tag-on class for only \$5 extra (55 min classes), or \$10 for a longer class. The same gift applies to your third back-to-back tag on class. e.g. yoga and meditation \$25

30 Day Pass - \$120 UNLIMITED 30 day membership

Collect 12 consecutive 30 day passes and receive a FREE weekend retreat valued at \$596. All passes must be presented to receive your free weekend retreat.

Annual Pass - \$895 UNLIMITED annual membership

Pay \$895 for an annual pass, and receive a FREE weekend retreat to the value of \$596 (to be used during the validity of your pass. No rain checks)

Bollywood Dance Course

Adults. 10 weeks \$195. Casual \$35.

Children under 12. 10 weeks \$120. Casual \$15.

10 week passes are to be used consecutively, no extension, transfer or refunds apply.

Speak, Dramatise, Improvise

\$295 x 8 weeks or \$45 drop-in.

Ayurvedic Student Massage

\$30 for 55 minutes

Vegetarian Cooking Classes - Ayurvedic

\$500 /10 weeks or \$60 /class. HIA students: \$250 /10 weeks or \$30 /class.

What to bring

Your yoga mat/meditation cushion is waiting for you. At Shanti Yoga we provide everything that you need for a comfortable experience. All you need to do is arrive and we'll handle the rest. We look forward to seeing you on the mat soon.

Facilities include:

Fully equipped studio. Non-slip Yoga mats - no hire fee. Cushions and pillows for

relaxation/meditation/pranayama. Blankets, towels and filtered water. Air-conditioned studio - cool in summer, warm in winter. Natural bamboo timber floor in yoga studio. Toilets/changerooms. Shoe rack and clothes hanging area. Lounge and waiting area. Shanti Yoga shop. Massage therapy rooms.

Payment & refunds:

We accept EFT, Visa, MasterCard, and cash. All sales are final. No refunds or transfers. Sorry. We do not refund for change of mind or circumstance.

Also available: Retreats, Ayurvedic consultations, massage, weightloss program, Government accredited, Austudy & CRICOS approved Yoga Teacher Training and Ayurveda courses. Visit our website for a full list of our services.

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