

# 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 \$30 Shantiji		Yoga Stretch and Tone 9.15 - 10.10 \$25 Hilary		Yoga Stretch and Tone 9.15 - 10.10 \$25 Cheryl	
10.15	Yoga Easy and Gentle 10.30 - 11.30 \$30 Shantiji					Yoga Stretch and Tone 10.15 - 11.10 \$25 Sue
10.30		Restorative Ground Yoga 10.30 - 11.30 \$30 Shantiji		Yoga for Stress Release 10.30 - 11.30 \$30 Shantiji		
11.30	Relaxation and Meditation 11.30 - 12.15 \$20 Shantiji	Yoga Easy and Gentle 11.30 - 12.30 \$30 Shantiji		Yoga Easy and Gentle 11.30 - 12.30 \$30 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	Darshan Philosophy* 1.00 - 2.00 FREE Shantiji					
2.00		Spiritual Movie* 2.00 - 3.30 FREE All welcome		The Yoga Sutras 2.00 - 3.30 FREE Shantiji		
4.00			Children's Yoga* 4.00 - 4.45 FREE	Community* Singing 4.30 - 5.30 \$195/\$25 Louise		
5.30	Bollywood Dance Fun for everyone* 5.30 - 6.15 \$195/\$35 Sonja/Cheryl	Yoga Stretch and Tone 5.30 - 6.25 \$25 Lynanne	Yoga Stretch and Tone 5.30 - 6.25 \$25 Sue	Yoga Stretch and Tone 5.30 - 6.15 \$25 Lynanne		
6.30	Yoga Stretch and Tone 6:15 - 7:15 \$25 Sonja	HathaYoga & Vinyasa 6.30 - 7.30 \$30 Sonja	Deep Conscious Relaxation 6.30 - 7.30 \$25 Shantiji	Kirtan/Chanting* 6.30 - 8.30 FREE All welcome		
7.30		Mindfulness Meditation 7:30 - 8:15 \$20 Sonja	Yoga for Stress Release 7.30 - 8.45 \$30 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 8th October 2018

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*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 meditation session, \$25 per stretch & tone/ any class under 55 min, \$30 for any class 55+mins.**

Bonus for back to back classes.

Pay \$25 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 - \$130 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 - \$995 UNLIMITED annual membership

Pay \$995 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 consecutive weeks \$195. Casual \$35.

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

No extension, transfer or refunds apply. Complementary Yoga class on Monday 6:15-7:15pm applies.

### Community Singing

10 consecutive weeks \$195. Casual payment \$25. Free for Course members.

### 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. Silent meditation room. 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.**

[shantiyoga.com.au](http://shantiyoga.com.au)

[admin@shantiyoga.com.au](mailto:admin@shantiyoga.com.au)

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