

'A Balanced Life'

303 CANTERBURY ROAD, ST. KILDA WEST
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Instructor: Yolanda Pettinato

Author of International #1 best-selling Book/DVD 'Simply Yoga',
Book/CD 'Yolanda Meditation Made Simple',
Affirmations/Meditation/Healing CDs 'A Balanced Life' & 'A Well Within'
and DVDs 'YogaEasy' & 'Yoga 2 Easy'.

*Warm *Friendly *Caring

Yolanda's classes are classical HATHA 'Yolanda style'... very do-able & unique as well as holistic & nurturing. Incorporating classical yoga poses (asanas), yogic breathing (pranayama), deep relaxation (yoga nidra), chakra clearing-energizing & a philosophy for positive daily living. Her beautiful studio/sanctuary is a true haven for peace & calm in a busy city & the floor is heated in winter and naturally cooled in summer.

Maximum of only 12 attendees... bliss! Bookings are essential.

Fees payable in advance

4th June - 12th July, 2012 (6 x weeks)

\$120 6 x sessions - Yoga

\$150 6 x sessions - Yoga*

(includes 20 minutes of formal Meditation)*

HYGIENE POLICY: As mats are provided, please shower or at the very least... wash your hands & feet before arriving at the studio (or use 'wet-one's'). PLEASE WEAR... Clean comfortable clothing: leggings, track pants, bike shorts etc. Layers of clothing are best & always bring warm items to put on, including clean warm socks. It is best not eat or drink for at least 2 hrs. before practicing yoga. Water o.k. 1hr. prior. If starving, a small amount of fruit, yogurt or juice not less than 1hr. prior is ok. Please do not bring mobile phones into the studio. You can leave them 'turned off' with your shoes in the foyer (or leave them in your car)... as they are very disruptive even when they are on buzzer/vibration etc.

Monday: 6.00pm - 7.10pm
Tuesday: 9.30am - 11.15am (includes Meditation)*
Tuesday: 6.30pm - 7.40pm
Wednesday: 6.00pm - 7.10pm
Thursday: 9.30am - 11.15am (includes Meditation)*

All classes are classified as 'general' and most suitable for beginners to intermediate levels.

Fees are for the full term unless a prior arrangement has been made. If you miss a class during the term, you are entitled to do a 'make-up' at some other session during the term, provided you have given 24hrs notice for the class you have missed, otherwise you forfeit this class. However, please do 'inquire' as there 'might be availability' for you to do a 'make-up' for this forfeited class.

Classes are to be used within the term dates purchased & cannot be transferred to the next term.

If you transfer to a class with Meditation +\$5 is due, if you stay for the Meditation or not.

If you are attending the whole Term and want to do extra sessions... fees are \$20 or \$25.
If you cannot attend for the whole term, you can just pay for the classes you will attend...
4 or more sessions will each be \$20 evening and \$25 morning... paid for in full in advance.

Casual Bookings (pay as you go) are by arrangement only.

Fees per session: \$22 evenings (1hr.10). \$27 Mornings (1hr.45).

As your place is being held, 24hrs notice of cancellation required, otherwise fee is due.