



• ASHTANGA •
YOGA
 SPACE

FOR THE LOVE OF THE PRACTICE

2016 TIMETABLE

ASHTANGA IN AVALON

SUN	MON	TUE	WED	THU	FRI	SAT
No Times	No Times	GROUP ONE: 9.30 to 10.30 AM <hr/> GROUP TWO: 10 to 11.30 AM	GROUP ONE: 9.30 to 10.30 AM <hr/> GROUP TWO: 10 to 11.30 AM	GROUP ONE: 9.30 to 10.30 AM <hr/> GROUP TWO: 10 to 11.30 AM	No Times	No Times

WEDNESDAY EVENINGS
GUIDED PRIMARY SERIES LED CLASS
7.30 to 8.30 PM

Class Information

Mysore Style

Mysore Style is the traditional way of learning Ashtanga yoga, named after the city in India where Sri K. Pattabhi Jois, the guru of Ashtanga Yoga, lived. The system is now transmitted by Jois' grandson, Sri Sharath Jois, at the KPJ Ashtanga Yoga Institute.

Mysore class is open to all levels, from absolute beginners. The class is not led and all instruction is given on an individual basis. As you gain strength, stamina, flexibility and focus, poses will be added on to your sequence by your teacher.

Led Class

A fully guided class based on the traditional Sanskrit count. Students are instructed through the Primary Series. Our led classes are suitable for new students.

Accessing the Avalon Studio

Please email: fiona@ashtangayogospace.com.au for Avalon class enquiries, location and bookings.

Beginners

Beginners are welcome. All classes in Avalon are small enough to provide individual attention when starting your yoga practice.

Fees & Passes

Classes run over 4 x 8 week terms. Bookings are required. Please email: fiona@ashtangayogospace.com.au for Avalon class enquiries and bookings.

Private Tuition, Pre-Natal & Yoga Therapy

Is available on request. Please contact us for details.

Yoga Appreciation: Practice & Philosophy Study Series

Studying the method & philosophy of Ashtanga Yoga. This 4 Module Series is held annually and runs over 4 x 8 week terms. Students may join any module or attend the full program. This is not a teacher training program but an opportunity for enquiry and to deepen our understanding of yoga.

Classes commence in February. To receive a Study Guide please email Fiona at: info@ashtangayogospace.com.au