



• ASHTANGA •
YOGA
 SPACE

NOW IN
 SURRY
 HILLS

FOR THE LOVE OF PRACTICE

• COMMENCES MONDAY 3 SEPTEMBER 2012 •

TIMETABLE

SURRY HILLS COMMUNITY CENTRE & LIBRARY
 Level 1, 405 Crown Street Surry Hills

Traditional Ashtanga Yoga Mysore-style Classes

SUN	MON	TUE	WED	THU	FRI	SAT
6.30 AM til 8.30 AM	6.00 AM til 8.00 AM	6.00 AM til 8.00 AM	6.00 AM til 8.00 AM	6.00 AM til 8.00 AM	6.00 AM til 8.00 AM	7.00AM til 8.30AM BEGINNER/ GENERAL LED CLASS* COMING SOON

*Nb. Students may stay in the yoga room until 8.30am daily / * Saturday Beginner/General Led Class Launching Soon*

Class Information

Mysore Style

All classes are in the traditional Mysore style, based on the way Pattabhi Jois taught in his home town of Mysore, Southern India. Students come to class daily and gradually build up a practice under direct guidance of experienced teachers. We aim to develop a yoga practice for each student according to your individual needs. The Ashtanga Mantra is chanted at 6am.

First Friday of every Month

The first Friday class of every month will be a led class held from 6am-7am. Please join us after class for a group breakfast at a local café.

Led Class

A fully instructed class guiding students through the Primary Series. Please see website for class times.

Accessing the Building

The front doors of the Neighbourhood Centre will open automatically at 6am during the week and 6.30am on Saturday and Sunday. Come in the front doors and take the stairs or lift up to level 1. We are in the large studio room opposite the kitchen.

Beginners

All beginners are welcome to join the school on a monthly pass to practice from 6.30am daily. Practice will be fully instructed and short in duration initially. It will then deepen as the month progresses.

Special – 1 week Introduction Pass

In 1 week you will learn the basics of the practice, one on one from one of our teachers and you will get a feel for the practice. Class passes can be booked and paid online.

Private Tuition, Pre-Natal & Yoga Therapy

Is available on request. Please contact us for details.

Yoga Appreciation: Practice & Philosophy Workshop Series

Fiona will be leading 4 x Module Workshop Series in 2013. The aim of each module is to explore on a deeper level, elements of the Ashtanga practice and yoga as a whole. It will be run over 4 x 8 week terms. This is not a teacher training program but an opportunity for enquiry and to deepen our understanding of yoga together. Class will commence from February 2013 and will be a 1 x 1.5 hour weekly evening class. To receive a Study Guideline, please email Fiona at: info@ashtangayogospace.com.au