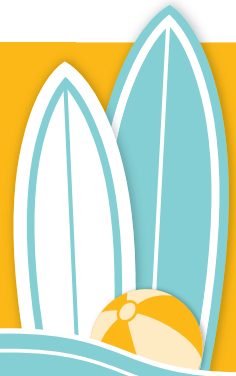




# ASHTANGA

## YOGA *in* AVALON



Traditional Ashtanga yoga practice with Fiona Pullen  
Authorised Level 2 Ashtanga Yoga Teacher

### TUESDAY, WEDNESDAY OR THURSDAY MORNINGS

GROUP ONE: 9-10.30AM / GROUP TWO: 10-11.30AM  
WEDNESDAY EVENINGS - **GUIDED PRIMARY SERIES CLASS: 7.30-8.30pm**

#### Term Dates - 2016

##### TERM 1 - 6 Weeks

**Tuesday 2 February - Thursday 14 April**

Nb. Monday 29 February - Monday 28 March - No Class

##### TERM 2 - 8 Weeks

**Tuesday 3 May - Thursday 23 June**

##### TERM 3 - 8 Weeks

**Tuesday 26 July - Thursday 15 September**

##### TERM 4 - 8 Weeks

**Tuesday 11 October - Thursday 1 December**

#### Location

Avalon - Address on Application

#### Start Times

**MORNINGS: Tuesday, Wednesday & Thursday mornings have 2 start times:**

GROUP ONE: Start at 9am

GROUP TWO: Start at 10am

Nb. Please nominate your start time on booking subject to availability.

#### EVENING: Wednesday

Arrive from 7.20pm. Class starts 7.30-8.30pm

#### Price - Classes per Week

1 per week = \$200 | 2 per week = \$300

3 per week = \$400

Nb. Full term payment is required. No casual classes permitted. There are no make-ups should you be unable to join us.

#### How to Apply

**Joining classes is by email or phone application only.**

**A maximum of 16 students per class will be accepted.**

Please register your interest as early as possible. Payment is required before the commencement of each term. Friends and new students are welcome to apply. Classes are suitable for all levels from beginners to advanced students. The practice will be individually taught to each student.

P. 02 9360 7602 | E. [fiona@ashtangayogaspace.com.au](mailto:fiona@ashtangayogaspace.com.au)



### About FIONA PULLEN

Fiona is the Founder and Director of Ashtanga Yoga Space, in Surry Hills and Avalon, and has been practicing Ashtanga Yoga for 25 years.

Fiona is a Registered Senior teacher with Yoga Australia. She is one of only a handful of teachers in Australasia that have been directly authorised to teach the method of Ashtanga Yoga at this level through the Shri. K Pattabhi Jois Yoga Institute in Mysore, India.

Fiona runs Ashtanga yoga guided classes and Mysore-style classes in Avalon and Surry Hills. In 2016 she will be launching a Yoga Mentoring program for yoga teachers.

She runs retreats and workshops and teaches yoga and mindfulness classes for various schools and corporate groups.

Fiona can be contacted if you would like to request to practice with her or to invite her to teach a retreat, workshop or special class for your school, business or community group.