

INNER CIRCLE

WEEKLY GUIDED LED CLASSES

MONDAYS 10 - 11am

COMMENCES MONDAY 1 FEBRUARY 2016

1ST FLOOR, CNR OF OXFORD & RUTHVEN STREETS, BONDI JUNCTION

(above About Life)

You are invited to join Fiona Pullen on Mondays and be part of her inner circle. All classes are 1 hour in duration and suitable for all levels. Classes are small to provide more individual focus.

About the Class

This class was designed by a mum for mums. It was timed to align all the planets up with school drop off and pick up! And with the awareness that exercise must be squeezed not only into school hours but school terms...

It requires no previous knowledge of yoga but a desire to learn and a desire to join others in an opportunity once a week for not only time out but for a chance to catch up on and off the yoga mat. Please join us for a coffee after each class if you don't have to race away.

How To Apply

Joining the class is by email or phone application.

Each class will have a maximum of 12 places per term.

Please register your interest as early as possible and term payment is required to reserve your place.

Phone **02 9360 7602**
Email **info@ashtangayogaspace.com.au**
Subject **10am Inner Circle**

Term Passes & Payment

The Term Pass is **\$200.00 per term**. There are no class make ups should you be unable to join us.

Tuition can be deposited now as follows:

Ashtanga Yoga Space
BSB: **012 140**
Account: **107743381**
Reference: **Inner Circle & Name**



SURRY HILLS COMMUNITY CENTRE & LIBRARY
Level 1
405 Crown Street
SURRY HILLS NSW 2010

2016 Term Dates

TERM 1

Monday 1 February - Monday 4 April
= 10 weeks

TERM 2

Monday 2 May - Monday 20 June
= 8 weeks

NB: Monday 13 June is a Public Holiday - No Class

TERM 3

Monday 25 July - Monday 12 September
= 8 weeks

TERM 4

Monday 10 October - Monday 5 December
= 9 weeks



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 classes in Avalon and Surry Hills, as well as retreats and workshops. She teaches yoga & mindfulness classes at various NSW schools & corporate groups.

Fiona can also 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.