

PRIVATE TUITITION

WITH FIONA PULLEN

You are invited to join Fiona Pullen for private & small group ashtanga yoga tuition.

About the Classes

The class has been designed to focus on individuals in small, intimate or private classes. All classes are 1 hour in duration.

BEGINNERS

Private tuition is perfect for beginners or those new to yoga. Fiona will develop a practice starting with an introduction to yoga. Each class will develop on this foundation to establish a personal yoga practice.

EXPERIENCED STUDENTS

Private and group classes will fine-tune your existing asana practice and expand your understanding of the ashtanga vinyasa method. Classes longer than 1 hour are available.

PRIVATE THERAPEUTIC YOGA

Fiona will tailor a yoga therapy program based on your individual needs. Fiona has experience with injury and disability and will help to assist in establishing a restorative gentle yoga practice designed to enhance your physical & mental well-being. Yoga Therapy classes will be one-on-one only.

PRE & POST NATAL YOGA

Fiona has 3 small children. Should you wish to draw on Fiona's knowledge of yoga for pregnancy, birth preparation or post baby restoration she would be honoured to welcome you for private lessons. There will be an option available to bring your baby to class after the birth subject to the day and time of your scheduled class.

Ashtanga Yoga

A system of breathing, postures and mental concentration. Ashtanga yoga, ensures that you not only obtain a calm and peaceful mind but also a strong and toned body. In addition to helping to relax the mind, it can be used as an effective weight management and core strength building routine.

Class Terms

Private tuition is located in Bondi Junction and booked in a block of 6 classes.

DAYS & TIMES

MONDAYS	FRIDAYS
11am - 2pm	11am - 4pm

NB. All times are subject to availability & other days or times may be available on request.

Tuition Fees

6 WEEK TERM PASS - PRIVATE TUITITION

Private Tuition - 1 hour	= \$700
Private Tuition - 1.5 hour	= \$900

6 WEEK TERM PASS - COUPLES TUITITION

Couples Tuition - 1 hour	= \$900
Couples Tuition - 1.5 hour	= \$1500

Small Groups are available on application.

Booking Procedure

Booking is by application only. Fiona will send you a Registration Form for completion prior to your first class. Tuition fees are payable prior to the commencement of your first class. Tuition days & times will be subject to availability. Should your requested day/time not be available an alternative will be arranged or you will be placed on a waiting list for the next term.

Tuition can be deposited as follows to book a place:

Ashtanga Yoga Space

BSB: 012 140 | Account: 107743381 | Reference: Private Tuition

CANCELLATION POLICY

Cancellation within 24hrs = 100% | Cancellation 24hrs & above = 50%



• ASHTANGA •
YOGA
SPACE

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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.

"I understand more than ever that starting yoga or indeed any practice that requires the initial time investment is next to impossible. However, we are in need of it more than ever. Our time is always given to others and very little remains to give back to ourselves.

So.... These private classes are for you. You may be a parent with no time for formal classes or would like to bring your baby, you may be in need of personal attention and due care for injury or physical well-being or restoration. You may want to finesse your practice and spend some time deepening the journey outside of a group. You may have a group of like-minded individuals that would like to come and practice together...

One or Two hours each week and only in school terms... Come and join my private inner circle, alone, with a friend, or in a small group."