



2016 CLASS SERIES WITH FIONA PULLEN



ASHTANGA YOGA SPACE, SURRY HILLS

"Guruji was committed to passing on the practice exactly as he had learned it from his teacher, Krishnamacharya. He spent years learning all he could from Krishnamacharya and when it came time for him to begin teaching, Guruji did so following his teachers instructions. This is parampara, which means an uninterrupted succession; the direct and unbroken transmission of knowledge from a teacher to his or her student." **R.Sharath Jois**

## 2016 CLASS SERIES COMMENCES MONDAY 1 FEBRUARY 2016

This year in our special Yoga Appreciation study classes we build on our understanding of the method of the practice, we will review the teaching of the practice in depth and we will nurture our practical foundation with spiritual enquiry and chanting.

### 2016 Term Dates

#### TERM 1 - 8 Weeks

**Monday 1 February - Monday 11 April**

**Nb.** Monday 29 February - Monday 28 March  
- Class dates to be confirmed during this period.

#### TERM 2 - 8 Weeks

**Monday 2 May - Monday 20 June**

#### TERM 3 - 8 Weeks

**Monday 25 July - Monday 12 September**

#### TERM 4 - 8 Weeks

**Monday 17 October - Monday 5 December**

### Class Times

**Mondays 8am - 9am**

at Ashtanga Yoga Space, Surry Hills or via Skype

**Mondays 7.30 - 9pm**

at Ashtanga Yoga Space, Surry Hills or via Skype

**Fridays 12 - 1.30pm**

in Bondi Junction or via Skype

### SKYPE OPTION

**All classes can be attended in person or via Skype.**

An additional evening Skype session will be scheduled every week for students to make up classes missed or if unable to attend the morning sessions.

### PRIVATE TIME

An hour of private consultation time can be arranged with Fiona during the course term to explore any areas of the course in more depth if required.

### Cost

#### YOGA APPRECIATION ONLY

**\$660 (inc. GST) per Term or \$2200 (inc. GST) per Year**

#### PRACTICE PASS

**\$1100 (inc. GST) per Term**

Includes Yoga Appreciation, Sutra Study and 3 Month Unlimited Yoga Practice Pass.

### Course Outline

This course is an opportunity to meet as a group and discuss the philosophy and practice of Ashtanga yoga; to trace it's roots in Yoga Darshana as documented by Patanjali in the Yoga Sutras and taught by Sri K. Pattabhi Jois and Sharath Rangaswamy in India; how the practice works as a method to so profoundly deepen our experience of living and to explore areas of interest that we rarely have the opportunity to cover on the mat. Each Module is taught as part of an annual study program however students may join individual modules by application. Please contact Fiona for more information and to obtain a Course Outline for the Yoga Appreciation 2016 Program.

### Application Process

Please write an email outlining a little bit about yourself, your experience of yoga and your interest in joining the course. A course outline will be supplied and you will be notified whether you have been accepted to commence the course. Course payment will be due on acceptance of a successful application. If you have not practiced with Fiona before she will make a time to speak with you prior to the commencement of the course.

### MODULE PAYMENT

Tuition can be deposited as follows on successful application: **ASHTANGA YOGA SPACE**

BSB: **012 140** / Account: **107743381**

Reference: **Yoga Appreciation & Name**

**APPLICATIONS MUST BE RECEIVED BY FRIDAY 29 JANUARY**