



## YOGA & PILATES AUGUST – SEPTEMBER 2010

MON	TUES	WED	THURS	FRI
				6.30 – 8am Ashtanga Led (full primary series)
12.50pm Dynamic (60)	12.50pm Dynamic (60)	12.50pm Dynamic (60)	12.50pm Dynamic (60)	12.50pm Dynamic (60)
5.30pm Dynamic (60)	5.30pm Intro Ashtanga (60)	6pm Dynamic (60)	6pm Dynamic (75)	
6.30pm Ashtanga Led (90)	6.30pm Ashtanga Led (90)			

MAT PILATES					
MON	TUES	WED	THURS	FRI	SAT
		7.30am General/Intermediate (60)			
12.15pm General Level (45)	12.15pm Intro Level (45)	12.15pm Intro Level (45)	12.15pm Intermediate (45)	12.15pm General Level (45)	11am General/ Intermediate (60)
1pm Intermediate (45)	1pm Intermediate (45)	1pm Advanced (45)	1pm Intermediate (45)	1pm Intermediate (45)	
5.30pm General (45)	5.30pm General (45)		5.30pm General (45)		
6.15pm Beginner Pilates Course	6.15pm Power Pilates Course	7pm Beginner Pilates course	6.15pm Intermediate (60)		

### Guide to Yoga classes

**Intro Ashtanga** is a beginner level class suitable for students with little or no experience of the series.  
**Ashtanga Yoga Led** class is lead by the teacher using the traditional sanskrit vinyasa (movement synchronised with the breath) count for the Primary Series. The effect is a more focused mind, bringing connection and rhythm to the breath and practice. Suitable only for students with Ashtanga yoga experience.  
**Dynamic Yoga** is like a moving meditation, with a focus on energy, alignment and breath. Each week, different sequences of posture combinations are explored. All levels are welcome. Power Dynamic is a longer more challenging class

### Guide to Mat Pilates classes

**Intro Level** : Pilates for beginners or anyone who wants to go back to the basics  
**General**: A general class suitable if you have a practical understanding of the key principals of Pilates and are capable of a more challenging level.  
**Intermediate**: Experienced students with at least 6 months regular Pilates practice. Requires a good level of fitness and is suitable for those wishing to work at a high level.  
**Advanced**: Strong class suitable only for experienced, injury free students  
**Power Pilates** is an advanced class that is run as a course to ensure a high standard. Places in this course must be booked. It is possible to join at any time during the course.

### Fees

Drop-in fee		10 class passes	
50 – 75 minute class	\$18	10 classes / 6 weeks	\$120
90 minute class	\$20	10 classes / 12 weeks	\$135
		10 classes / 6 months	\$175

Level 1, 19 Meyers Place Melbourne. [www.studiocirq.com.au](http://www.studiocirq.com.au) Tel 9654 9994

## Beginner Courses

Bookings for courses in can be made online or at the Studio. A deposit of \$50 is required to confirm a booking. For more information on courses please refer to [www.studiocirq.com.au](http://www.studiocirq.com.au)

## Beginner Ashtanga Yoga Course

Beginner Ashtanga Yoga Course (Led Classes)  
Teacher Njala Sankhulani  
11 October – 13 December (9 weeks)  
5.30pm – 6.30pm  
10 Weeks  
Fee \$200

## Beginner Pilates Courses

Wednesday 7 – 8pm  
Teacher Unna Goldsworthy  
11 August – 29 September  
8 weeks  
Fee: \$160

Monday 6.15 – 7.15pm  
Teacher Erinn Culinane  
30 August – 18 October  
8 weeks  
Fee: \$160

Wednesday 7 – 8pm  
Teacher Unna Goldsworthy  
6 October – 24 November  
8 weeks  
Fee: \$160

Monday 6.15 – 7.15pm  
Teacher Erinn Culinane  
8 November – 13 December  
7 weeks  
Fee: \$140

Bookings can be made online at [www.studiocirq.com.au](http://www.studiocirq.com.au) or at the Studio. To reserve a place a deposit of \$50 is required at the time of booking.

## Teacher-run classes at Studio Cirq \*

M	T	W	Th	F	S
6 – 9 am Ashtanga Mysore Style	6 – 9 am Ashtanga Mysore Style	6 – 9 am Ashtanga Mysore Style	6 – 9 am Ashtanga Mysore Style	6 – 9 am Ashtanga Mysore Style	10am-12pm Ashtanga Mysore Style
7 – 8.30 am Iyengar Yoga Led Practice		6 – 8 pm Iyengar Yoga Level 1	7.20 – 8.50 pm Iyengar Yoga Foundation		12.15- 1.50pm Iyengar Yoga Foundation
	7.30 - 9.15pm Intro to Vijnana Yoga 3/8 – 26/10		7.30 – 9.30pm Intermediate Vijnana Yoga 5/8 – 28/10		

\*Please arrange attendance and payment directly with teachers:

Ashtanga Yoga:	Karyn Grenfell	0412 806 752
Iyengar Yoga:	Georgia King	0425 782 387
Vijnana Yoga	Antonia Pont	0422 969 839

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