



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 Power 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 Intermediate (45)	11am General/ Intermediate (60)
1pm Intermediate (45)	1pm Intermediate (45)	1pm Advanced (45)	1pm Intermediate (45)	1pm Intermediate (45)	
5.30pm General/ Intermediate (45)	5.30pm General/ Intermediate (45)		5.30pm General/ Intermediate (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

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

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

<p>Wednesday 7 – 8pm Teacher Unna Goldsworthy 11 August – 29 September 8 weeks Fee: \$160</p>	<p>Monday 6.15 – 7.15pm Teacher Erinn Culinane 30 August – 18 October 8 weeks Fee: \$160</p>
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<p>Wednesday 7 – 8pm Teacher Unna Goldsworthy 6 October – 24 November 8 weeks Fee: \$160</p>	<p>Monday 6.15 – 7.15pm Teacher Erinn Culinane 8 November – 13 December 7 weeks Fee: \$140</p>
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Bookings can be made online at 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- 150pm 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