

Studio Cirq: Yoga Pilates Shiatsu Meditation Timetable February – June 2010

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YOGA				
MON	TUES	WED	THURS	FRI
12.45pm Dynamic Yoga (60)	12.45pm Dynamic Yoga (60)	12.45pm Dynamic Yoga (60)	12.45pm Dynamic Yoga (60)	12.45pm Dynamic Yoga (60)
5.30pm Dynamic Yoga (60)	5.30pm Ashtanga Yoga Beginner Level	6pm Dynamic Yoga (60)	6pm Anusara Inspired Yoga (75)	
6.30pm Ashtanga Yoga Led Class (90)	6.30pm Ashtanga Yoga Led Class (90)			

MAT PILATES					
MON	TUES	WED	THURS	FRI	SAT
		7.30am General/ Intermediate Level Pilates (60)			11am General/ Intermediate Level Pilates (60)
	12.15pm Intro Level Pilates (45)	12.15pm Intro Level Pilates (45)	12.15pm General Level Pilates (45)	12.15pm General Level Pilates (45)	
1.15pm Intermediate Pilates (45)	1pm Intermediate Pilates (45)	1pm Intermediate Pilates (45)	1pm Intermediate Pilates (45)	1pm Intermediate Pilates (45)	
5.30pm Intermediate Pilates (45)	5.30pm General Pilates (45)		5.30pm General Pilates (45)		
6.15pm Beginner Pilates Course (60)	6.15pm Power Pilates Course (60)		6.15pm Intermediate Pilates (60)		

Guide to Yoga classes

Anusara Inspired™ Yoga brings together a life-affirming philosophy with the universal principles of alignment. Anusara's uplifting philosophy looks for the good in everything, and is suitable for all levels of ability and experience.

Ashtanga Yoga Led is taught with the traditional vinyasa count. Requires competence in the sun salutations, standing and seated poses. The class covers the first part of the primary series and is not suitable for complete beginners.

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. A good class if you are new to yoga.

Guide to Mat Pilates classes

Intro Level	The basics – good for new students
Mat Pilates	General class suitable for all levels
Intermediate	Faster moving classes for students with an understanding of the key principals of Pilates

Drop-in fee

45 – 75 minute class	\$18
90 minute class	\$20

10 class passes

10 classes / 6 weeks	\$110
10 classes / 12 weeks	\$125
10 classes / 6 months	\$160