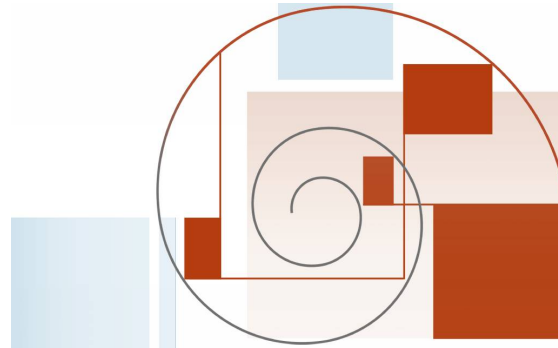


Unifying
the whole being
through
gentle movements
balancing breath
calming the mind
directing energies
awakening wisdom

Yoga practitioners
of all ages
and any tradition
are welcome.



Living Yoga

Adult Yoga, Teens &
Children's Yoga Dance

2010

Winter Course: June 14th

Retreat weekend
**Coming to our senses:
yoga & creative arts**
July 30th

Principal teacher of Living Yoga:
Roslyn Alexander, B.Ed. Dip.Teach., Grad.
Diploma in T.E.S.O.L. S.Y.T.A.
Accredited Level 2 teacher # 0088
Roslyn has been teaching in schools for 30
years specializing in Art, Music, Drama,
Yoga and communication skills.



Roslyn has been studying Hatha Yoga since 1975 and was accredited in 1997 as level 2 Yoga teacher with the SATYANANDA YOGA® Academy. She studies with the Venerable Zasep Tulku Rinpoche, a Tibetan Buddhist Meditation Master. Currently Roslyn teaches Yoga, Meditation and Stress Management in hospitals, the workplace, at conferences and professional development courses.

We provide gentle Yoga for beginners, to stronger and deeper progressive practices for more advanced students. All of our teachers are accredited and experienced. We welcome Jera Conan as a Living Yoga teacher.

LIVING YOGA: COURSES FOR ADULTS

The Hatha Yoga content is based on the SATYANANDA YOGA® tradition, including breathing techniques to enhance a calm mind and physical vitality. Relaxation and Meditation techniques come from both Yoga and Mahayana Buddhist traditions. Classes missed can be gifted to a friend or used at another time during the **current course**.

June 14th-August 20th 10 weeks

Fee \$180 /\$160

Beginners:

Thursday: 12.30 –1.45 pm

Tuesday: 6.00-7.15

Continuation:

Wednesday 5.45- 7.00 pm

Thursday: 6.00 – 7.15 pm

Intermediate:

Thursday: 9.00 – 10.15 am

Friday: 9.00-10.15 am

Teens: Wednesday 4.00-5.15 pm

Private sessions are available to design your personal Yoga program.

Workplace/conference sessions as required.

Please confirm times by phone as times can change according to enrolment numbers.

Weekend retreat:

Coming to our senses: yoga and creative arts @ Niche July 30th-August 1st

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LIVING YOGA: COURSES FOR CHILDREN

These are creative, fun classes accompanied by music, which introduce the basic principles of Yoga and dance to children, inspiring creativity, awareness, enjoyment and confidence.

Pre-schoolers come with an adult who shares in the experience.

Children's courses are 8 weeks. Fee\$120 or \$110 concession. Deposit \$80 is essential.

Full payment on wk 1.

June 21st

Booking essential.

Pre-school Thursdays 11.00 to 12.00pm

Primary school age: 4.00 to 5 pm

Wednesday possibly Friday

Creative Parenting: Roslyn also offers courses for parents and grandparents to share ideas to inspire creativity in children. Register interest any time.



Bookings

are essential

Please phone Roslyn Alexander on

043 999 5655

All classes are held at Weeroona House and Yoga Studio, Room 9 at rear of

326 Elizabeth St, North Hobart

www.livingyogatasmania.com

info@livingyogatasmania.com

ENROLMENT FORM

(Confidential)

Name

Address

Yoga experience

Email

Telephone

Date of Birth / Age

Leisure Activities

Occupation/School

Medication & History. Include alternative treatments

I heard about these courses from:

I enclose an \$80 non-refundable deposit. I understand that the course balance is to be paid at the first week of the courses. I understand that teachers offer guidelines, while students take full responsibility for personal limitations. For direct transfer please notify by email of your deposit and phone for the numbers. Class day and time

Signed: