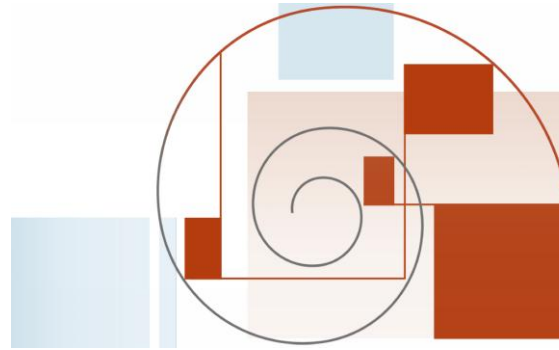


Unifying  
the whole being  
through  
gentle movements  
balancing breath  
calming the mind  
directing energies  
awakening wisdom

Yoga practitioners  
of all ages  
and any tradition  
are welcome.



# Living Yoga

Adult Yoga, Teens &  
Children's Yoga Dance

## 2012

Residential Retreat  
**January 26<sup>th</sup>-29<sup>th</sup>**  
**Yoga & Meditation:**  
including a children's program  
@ Dorje Ling, Lorinna

**Principal teacher of Living Yoga:**  
**Roslyn Alexander**, B.Ed. Dip. Teach., Grad.  
Dip. T.E.S.O.L. SYT. Accr. Level 2 # 0088



Roslyn has taught in schools for 30 years specializing in Art, Music, Drama, and Yoga. Roslyn has studied Hatha Yoga since 1975 and was accredited in 1997 as level 2 Yoga teacher with the *SATYANANDA YOGA*® Academy. She is a student of the Venerable Zasep Tulku Rinpoche, a Tibetan Buddhist Meditation Master. Currently Roslyn specialises in children's yoga and creative parenting.

**Jera Conan** SYT Accr, Level 2 #21996



Jera lived, trained and taught yoga in Satyananda Ashrams Australia over 10 years in the 70's & 80's, to both beginners and more advanced students. She continued teaching in Adult Education, women's health and Drug Rehab Centres. Her particular interests include meditation, relaxation and stress management.

**All of our teachers are accredited and experienced. We provide gentle Yoga for beginners, to stronger and deeper progressive practices for more advanced students.**

## 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**.

### Summer program

**10 week courses: February 1<sup>st</sup> - April 7th**  
**\$190/\$170 c.**

#### Held at the WEEROONA YOGA STUDIO

##### Beginners/ Continuation 1:

Thursday 7.30 to 9 pm

This course includes those students returning to yoga after a break, also ante natal.

##### Continuation 2

Thursday: 5.45 –7.15

##### Intermediate:

Thursday 9.15am to 10.45am

##### Mangalore/Bagdad community:

Thursday: 3.30 – 5.00 pm

**Private sessions** are available to design your personal Yoga program. \$80/\$70 Follow up

**Workplace/conference** sessions as required.  
: Thursday 12 – 1pm

**Residential Retreat** @ Dorje Ling  
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Restore the balance: including a program for primary school aged children.

Email for details

## LIVING YOGA: COURSES FOR CHILDREN

These are creative, fun classes 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 **5 sessions** and cost \$90 or \$80 concession. Enrolment & deposit essential before course. Full payment on wk 1.

Dates to be confirmed

### Creative Parenting:

A course for parents, carer, friends & grand parents to share ideas to inspire creativity in children.



#### Bookings are essential

Please phone Roslyn Alexander on

**043 999 5655**

Weeroona House and Yoga Studio,  
Room 9 at rear of  
326 Elizabeth St, North Hobart  
[www.livingyogatasmania.com](http://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 or alternative treatments .....

.....

I heard about these courses from:

.....

I enclose a \$100 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 Member #9824  
myState BSB 807009 acct. 12179542 **Please tag with your initials and notify by email.**

Class day and time .....

Signed: .....