

DHARMA YOGA HEALTH CENTRE

Term 1 Courses 2010

COURSES

Course code	Course	Duration	Instructor	Day	Time		Start Date	End Date	Price	Concession
BY	Beginners Yoga	8 weeks	KW	Thursday	7:45pm	1hr	4 Feb	25 Mar	\$150	\$140
BY	Beginners Yoga	6 weeks	JA	Thursday	7:45pm	1½hr	18 Feb	27 Mar	\$150	\$140
BY	Beginners Yoga	4 weeks	SR	Saturday	11:00am	2hr	6 Mar	27 Mar	\$150	\$140
IM & YP	Intro to Meditation & Yoga Philosophy	6 weeks	JA	Saturday	9:30am	1½hr	13 Feb	20 Mar	\$150	\$140
WS	Breathing workshop	4 weeks	KT	Saturday	8.30 am	1½hr	6 Feb	27 Feb	\$110	\$100
WS	Alignment workshop	4 weeks	KT	Saturday	8.30 am	1½hr	6 Mar	27 Mar	\$110	\$100

COURSE DESCRIPTION

Beginners Yoga - Learning the foundation of Dharma Hatha yoga: breathing techniques, yoga postures, relaxation and sequence for a conscious progressive healthy yoga practice.

Philosophy - Structured into six week modules theories discussed are: the origins of yoga, structure of man as a physical, emotional, thinking and spiritual being and man's place and purpose in this universe and incorporated within each module learning the steps and refinements of a successful meditation practice.

WORKSHOPS

Alignment - The foundation of all Hatha yoga asanas is correct alignment. Students of all levels can benefit from this well presented workshop.

Breathing - Correct breathing is essential for health and well-being. This breathing workshop will cover the most popular techniques and the correct way to maximize their benefits as well as trigger point therapy for ailments.

COURSE ENROLMENT

Phone or email Dharma Yoga for more information and place availability prior to commencement date. Places are only confirmed after full payment.

Credit card payments can be made over the phone. For mail payments please fill in the form below. *Please do not mail cash.* In person payments can be made at the studio with prior arrangement, as the reception is not always manned.

COURSE ENROLMENT FORM

Name: _____ Beginners Course

Telephone Number: _____ Intro to Meditation & Philosophy Course

Email: _____ Breathing or Alignment Workshops

Commencement Date & Time: ___ / ___ / ___ at ___ am/pm

Cheque made payable to 'Dharma Yoga' for \$ _____ (Full Price / Concession)

Dharma Yoga
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