



DHARMA YOGA Term 3



Timetable: 26 June - 17 September 2010

Time	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday		Sunday
	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 2	Studio 1	Studio 2
8:30 am										Open JA, AS		Open SF
9:30 am	Open JA Start July 12		Open CE Start July 13		Open JA		Open CE		Open JA		*BreathWork	
10:30 am				Gentle JA Start July 13				Gentle DA		Pre-Natal CR		
4:00 pm										Open ED		
5:30 pm	Open JA				Open JA							
6:30 pm	*Refinement	Open SR	Open JA				Open JA Start July 15					
7:30 pm			Drop in Meditation Start July 13	Gentle DA	Gentle KW			*Beginners				
7:45 pm	Yoga Flow CE	Gentle DA	*Intro Med			Yoga Flow CE	*Beginners					

Teachers

AS – Amanda	CE – Caroline	CR – Claire	DA – Danielle	ED – Elisabeth	JA – Jean-Alain	KW – Kan	KT – Kiran	SF – Sarah	SR – Stephen
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*Courses

Course code	Course	Duration	Instructor	Day	Time		Start Date	End Date	Price	Concession
Beginners	Beginners Yoga	8 weeks	KW	Thursday	7:45 pm	1 hr	22 July	9 Sep	\$150	\$140
Beginners	Beginners Yoga	6 weeks	JA	Thursday	7:30 pm	1½ hr	12 Aug	16 Sep	\$150	\$140
Intro Med	Intro to Meditation & Yoga Philosophy	8 weeks	JA	Tuesday	8:00 pm	1 hr	27 July	7 Sep	\$150	\$140
BreathWork	Breathing Workshop	4 weeks	KT	Saturday	9:30 am	1½ hr	7 Aug	28 Aug	\$100	\$90
Refinement	Alignment Workshop	5 weeks	JA	Monday	6:30 pm	1 hr	2 Aug	30 Aug	\$80	\$75

Prices