

In our Yoga Garden, we acknowledge your uniqueness and offer a range of modifications to suit your particular needs. We encourage you to practice yoga at your own pace, being aware of how you are feeling.

Our teachings reflect a classical Hatha Yoga approach, with an emphasis on combining movements with the breath.

We invite you to practice yoga with:
 ... a relaxed attention
 ... a personal intention
 ... and no tension

1A Young St (Cnr Cleveland St), Redfern ... above Garden Life

For further information visit
www.theyogagardensydney.com.au
 or call Carine Lo Presti 0411 611 568 / Layla Weiss 0414 660 161



Timetable as of 1st March, 2010 All classes are drop-in, unless marked * or **

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30 am General			7:30 am General	9 am Trainee Teacher Class
5 pm Beginners / General	5 pm High School / Uni Student Class Commences 20th April School Terms Only	12:30 pm Lunch time General	5 pm Beginners Course** Commences 11th March	10 am General	9 am Intermediate	10:30 am 6 Week Yoga Sutras, Chanting & Philosophy Commences 16th May
6:30 pm General*	6:30 pm General*	6:30 pm Prenatal	6:30 pm General			
8 pm Meditation Course** Commences 12th April	8 pm Relaxation					

Prices: (All classes are 75 minutes unless noted)

New Student Welcome Class	\$10
Casual	\$18
10 Visit Card	\$160
Trainee Teacher Class	\$12
Lunch-time Class (50 mins)	\$15
High School / Uni Student Class	\$12
(\$10 per class, if paying for whole Term)	
** 6 Week Courses (eg. Meditation, Beginners)	\$120
6 Week Sutras, Chanting & Philosophy (2hrs)	\$210
Private Class	\$70-\$100
Yoga Therapy	\$70-\$100
Corporate classes available upon request	

Cash payments only

* **General Class with monthly bookings required**
 Upfront payment is requested at the beginning of each calendar month for these classes
 (ie. \$64 for 4 classes, or \$80 for 5 classes)