

Bowral YOGA Studio

TUES 29th JAN - WED 17th APRIL 2019

Decrease stress, alleviate mental / emotional issues & feel more alive. Yoga brings strength & balance into your life. We support you to go at your own pace.

SUMMER
Timetable



Yoga is for everyone

Movement and breath bring awareness.

Awareness awakens the heart and mind.

Conscious, Awakened and Thankful to ALL that IS.

Life becomes MEDITATION in ACTION.

All the yoga teachers at the Bowral Yoga Studio integrate HATHA yoga classes to bring together the practice of Asana (postures), Living Philosophy (heart/mind wisdom), Yoga Nidra (relaxation), Pranayama (breath awareness) and Meditation (Insight).

Yoga Classes, Workshops and Teacher Training

Level I, 10 Boolwey St, Bowral (c Bong Bong and Boolwey St)

www.bowralyogastudio.com.au kate@bowralyogastudio.com.au

Check website and feel free to call or email any of the teachers for further info.

SUMMER Timetable

Valid 29th January -
17th April 2019

MON	Kate	10 - 11.30 am	BEGINNERS class
	Dominique	12 - 1pm	General class
	Kate	6 - 7.30 pm	BEGINNERS class
TUES	Kate	7.30 - 8.30 am	Movement & Meditation
	Kate	10 - 11.30 am	REST & RESTORE
	Kate	6 - 7.30 pm	Beginners to General
WED	Kate	7.30 - 8.30 am	General FLOW class
	Kate	10 - 11.30 am	GENERAL class
	Dominique	12 - 1 pm	GENERAL class
	Kate	6 - 7.30 pm	Gen - Advanced Class
THURS	Roxanne	10 - 11.30 am	BEGINNERS class
	Chris	5.45 - 7.15 pm	GENERAL class
FRI	Roxanne	10 - 11.30 am	Beginners to General
	Annie	12 - 1 pm	GENERAL class
SAT	Brit	9 -10.30 am	BEGINNERS class
SUN	Kate	7.30 - 8.30am	Meditation & Movement
	Kate	9 - 10.30am	Beginners to General

1½ hour class \$22 or \$18 conc. 1hr class \$16

10 class pass (valid 12 weeks only) \$200 or \$170 conc.

Meditation \$10. Monthly unlimited pass \$200. NO CLASSES on PUBLIC HOLIDAYS

Studio Information The Bowral YOGA studio is fully equipped with mats, blankets, bolsters, blocks and belts. The studio is carpeted with heating for the cooler months and air conditioning too. There is no need to book, but feel free to email/fb Kate or call any of the BYS teachers, if you have any questions. Classes start on time, so please try not to be late. No entry is possible 10 minutes after class start time. Doors open 15mins before class. Classes are done in bare feet and it is best to wear comfortable stretchy clothing. Students are always encouraged to work within their own limits. It is best NOT to eat heavier foods at least one hour before class.