

Yoga & Relaxation

in Brookfield & Chelmer with Sue Jackson

PhD, MAPS, YTAA

www.bodyandmindflow.com e: sue@bodyandmindflow.com

Ph. 0409 872 861

2010 Term 3 Information and Booking Form

General Class Information:

I teach a gentle style of hatha yoga where the focus is on developing awareness in movement, and stillness in the mind. Classes include physical postures & stretching, core stability & strengthening, breathing exercises, and relaxation. I am also a sport/performance psychologist, and I incorporate relevant psychological skills into my classes. For individuals particularly interested in enhancing their psychological skills (particularly in the areas of relaxation, mindfulness, & concentration), *Yoga-Relax* and *Meditation* classes are also offered.

Class options:

1. *Group classes in Brookfield:*
 - **Monday evening** (6.30-8.00pm) From July 19 – Sept 13
 - **Tuesday evening** (7.00-8.30pm) From July 20 – Sept 14
 - **Friday morning** (9.30-11.00am) From July 23 – Sept 17
2. *Group class in Chelmer:*
 - **Thursday morning** (10.00-11.30am) From July 22 – Sept 16
3. *Private class, Brookfield or Chelmer;* scheduled by arrangement
4. *Meditation sessions*—see 2010 schedule at www.studiorelax.com.au

Group Class Bookings:

Small class sizes – bookings are required. Payment can be made by cash, cheque, or direct deposit. If you miss a class, you are welcome to do a make-up class on another day. Please contact Sue prior to the make-up class you wish to attend to confirm that a space is available. Advance warning if you are unable to attend a class would be appreciated—it means a space can be available for someone wishing to do a make-up. Class terms generally run 9 weeks, within school terms.

Preparing for class:

Please bring a towel (or small blanket) & water bottle. Wear loose, stretchy clothes. If eating prior to class, it is recommended that it is a light meal, at least 1.5hr prior to class. Aim to arrive 10mins prior to starting time & enjoy a few minutes of stillness before class commences.

Parking Brookfield: driveway and on street; Parking Chelmer: parking lot and on street.

Payment options:

1. Pay for 9-week term; \$120
2. Pay for 4-week block, to be used within 5 weeks; \$60 per 4-week block
3. Pay casual; \$17.50 per session
(2nd class discount available; please discuss with Sue)

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2010 Term 3 Group Yoga Classes Schedule & Booking Form

Name: _____

Contact email: _____ Contact phone: _____

Please check below the class you are interested in attending. Please note that payment is required to reserve a place at the Brookfield classes, which are limited in available places. New students please contact Sue before submitting payment to confirm that a place is available in the current/upcoming term.

Brookfield:

1. Evening Term 3 **Beginner/General** yoga class: **Mondays** July 19 – Sept 13; 6.30 - 8.00pm _____
2. Evening Term 3 **Intermediate/Experienced** yoga class: **Tuesdays** July 20 – Sept 14; 7.00 - 8.30pm _____
3. Morning Term 3 **General** yoga class: **Fridays** July 23 – Sept 17; 9.30 – 11.00am _____

Chelmer:

4. Morning **Yoga-Relax** class: **Thursdays** July 22 – Sept 16; 10.00 - 11.30am _____

Payment options (please check your preferred options):

a) I would like to pay by:

____ Term booking (9 weeks; \$120) ____ 4-week block (\$60) ____ Casual (\$17.50)

b) I would like to pay by:

____ Cash, ____ Cheque (Susan Jackson, PO Box 240, Kenmore, 4069), or:

____ Internet Banking – Contact Sue for account details.