

Yoga & Relaxation

in Brookfield & Chelmer with Sue Jackson

PhD, MAPS, YTAA

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

Ph. 0409 872 861

2010 Term 4 Information and Booking Form

General Class Information:

I teach a gentle style of hatha yoga, with a focus 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), *private classes* and *Meditation workshops/sessions* also offered.

Class options:

1. *Group classes in Brookfield (8-week term for Term 4):*
 - **Monday evening** (6.30-8.00pm) Oct 4 – Nov 22
 - **Tuesday evening** (7.00-8.30pm) Oct 5 – Nov 23
 - **Friday morning** (9.30-11.00am) Oct 8 – Nov 26
2. *Group class in Chelmer:*
 - **Thursday morning** (10.00-11.30am) Oct 21 – Nov 25

Note: A **6-week term** is planned for Thursdays Term 4, due to a booking of Studio Relax in early Oct. However, this is still to be confirmed, and it may be possible to commence on Oct 7, for the regular 8-week Term 4. Starting date will be confirmed by the end of Term 3 (Sept 16).

3. *Private class, Brookfield or Chelmer; scheduled by arrangement*
4. *Meditation workshops/sessions—see 2010 schedule at www.studiorelax.com.au*

Information on classes:

Small class sizes so bookings are required. Payment can be made by cash, cheque, or direct deposit.

Payment options and costs are listed on attached booking form.

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 means a space can be available for someone wishing to do a make-up.

Preparing for class:

Please bring a towel & 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 relaxation before class commences. Parking Brookfield: driveway and on street; Parking Chelmer: parking lot and on street.

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2010 Term 4 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 4 **Beginner/General** yoga class: **Mondays** Oct 4 – Nov 22; 6.30 - 8.00pm _____
2. Evening Term 4 **Intermediate** yoga class: **Tuesdays** Oct 5 – Nov 23; 7.00 - 8.30pm _____
3. Morning Term 4 **General** yoga class: **Fridays** Oct 8 – Nov 26; 9.30 – 11.00am _____

Chelmer:

4. Morning **Yoga-Relax** class: **Thursdays** Oct 21 – Nov 25; 10.00 - 11.30am _____

Payment options (please check your preferred option for a) and b) below):

a) *I would like to pay for:*

____ Term booking (8 weeks; \$108) ____ 6-week block (\$90) ____ 4-week block (\$60) ____ Casual (\$17.50)

b) *I would like to pay by:*

____ Internet Banking (Direct Deposit): BSB 114-879, Acc. No. 419093541, Acc. Name: Susan Jackson;
(please include your name & 'yoga' in subject line), or:

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