

## **Yoga-Stretch-Relaxation-Mindfulness**

Sue Jackson PhD, MAPS, YA (Yoga Australia)

[www.bodyandmindflow.com](http://www.bodyandmindflow.com) e: [sue@bodyandmindflow.com](mailto:sue@bodyandmindflow.com)

Ph. 0409 872 861

### **2012 Term 1 Information & Booking Form**

#### **General Class Information:**

Group Classes involve yoga poses, stretching, strengthening, and relaxation.

Private classes are tailored to individual goals.

Courses in Mindfulness are offered throughout the year.

Sue brings to her classes a background in human movement, sport & exercise psychology, yoga, Kit Laughlin's stretch training program, and ACT mindfulness training.

#### **Class options:**

1. *Group classes (9 weeks) in BROOKFIELD:*

- **Monday evening** (7.00 - 8.30pm) Jan 30 – Mar 26

- **Tuesday evening** (5.30 – 7.00pm) Jan 31 – Mar 27

- **Wednesday morning** (9.30 - 11.00am) Feb 1 – Mar 28

2. *Group classes (9 weeks) in CHELMER:*

- **Thursday morning** (10.00 - 11.30am) Feb 2 – Mar 29

3. *Private class, Brookfield or Chelmer;* scheduled by arrangement. Contact Sue directly.

4. *Mindfulness course (Chelmer):*

- 10 week course, Saturdays 3 – 4.30pm; first course starting Feb 11

#### **Information on classes:**

Small group class sizes means booking with payment is required to secure a place in your nominated class(es). Payment options and prices are listed on attached booking form. Term yoga payments entitles you to make-ups for any missed classes, at any of Sue's other yoga classes, during the term of your booking. Please also note that advance warning if you are unable to attend a class you are booked into means that space can be made 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 1hr prior to class. Aim to arrive 10mins prior to starting time & enjoy a few minutes of stillness before class commences.

#### **Addresses for classes:**

1. **Brookfield:** 7 Preston Place, Brookfield (park driveway, Preston Pl, or Drysdale Cr).

2. **Chelmer:** Studio Relax, cnr Appel St & Crawford Rd (parking lot or on-street parking).

**Please return this form to Sue to secure your class place in the upcoming term**

**Group Yoga-Stretch-Relaxation Class Payment Slip Term 1**

**Name:** \_\_\_\_\_

a) *I would like to attend (check classes you wish to enrol in):*

Monday 7pm    Tuesday 5.30pm    Wednesday 9.30am    Thursday 10am

Saturday Mindfulness course (see Sue for mindfulness course registration form)

b) *Group yoga class payment: Select your preferred payment method:*

Term booking (9 weeks; \$130)   or    5-week block (\$80)   or    Casual (\$18)

c) *I would like to pay by:*

Internet Banking (Direct Deposit): BSB 114-879, Acc. No. 419093541, Acc. Name: Susan Jackson

(please include your surname & 'yoga' in subject line), or:

Cash, or:

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