

STUDIO P&Q

pilates • yoga • meditation

Classes

Iyengar Yoga – Shayna Ogden

Term 3: 14 July to 15 September 2010 (10 classes)

Time: Wednesday 2pm to 3.15pm

Cost*: \$160.00 *UFS Members \$144.00*

Hatha and Dynamic Yoga – Jane Southwell

Term 3: 21 July to 15 September (9 classes)

Time: Wednesday 6.00pm to 7.15pm (Beginners)

Wednesday 7.30pm to 8.45pm (Level 1)

Cost*: \$144.00 *UFS Members \$129.60*

Meditation and Relaxation – Jane Southwell

Term 3: 19 July to 13 September (9 classes)

Time: Monday 7.00pm to 8.00pm

Cost*: \$144.00 *UFS Members \$129.60*

Casual: \$18.00 *UFS Members \$16.20*

** Classes must be paid for in full before the first class*



Studio P&Q staff and clients are excited to welcome Shayna Ogden and Jane Southwell to the team. Their professionalism, dedication and passion for their practice of yoga is outstanding. You will leave feeling refreshed, relaxed and re-energised after one of their classes. Places are limited, so enquire for more information today.



Studio P&Q, Peace & Quiet Wellbeing Centre
Level 1, 719 Sturt St, Ballarat VIC 3350
(03) 5332 1694 www.peaceandquiet.biz

“Exercising the body, mind and soul”

Our teachers

Shayna Ogden

Shayna has been practicing Iyengar Yoga for 15 years and teaching for ten years. She is certified as an Iyengar Yoga teacher (Junior Intermediate Level 3). She has studied with senior Iyengar yoga teachers in Australia and has also attended the Iyengar Yoga Institute in Pune, India. You'll find her teaching style exacting yet empathetic, encouraging all students to progress in their yoga, regardless of level.

Jane Southwell

Jane began practising yoga 15 years ago to combat the stresses of a professional career and expanded her practice and experience widely through different styles of yoga including Hatha, Iyengar, Ashtanga Vinyasa, Okido and Shadow Yoga, before completing a Diploma of Teaching Hatha Yoga through Dharma Yoga Health Centre, East Bentleigh, in July 2008. She moved from Melbourne to the Ballarat region 2 years ago.



Classes at Studio P&Q will include:

- **Iyengar Yoga** is characterised by precision and alignment in performing the asanas (postures) as well as the duration for which they are held. Props may also be used such as blankets, bolsters and belts to facilitate alignment and support in the asanas. Precise alignment of the body helps to correct postural imbalances. Correct alignment brings a sense of freedom and equilibrium. When practiced correctly, Iyengar yoga is refreshing, so that the practitioner feels rejuvenated after class.
- **Hatha Yoga** class for beginners, or those who have not practised yoga consistently for a period of time or who want a gentle yoga experience. The class will include the development of a variety of hatha yoga postures to maximise physical vitality, some simple breath and mindfulness practices for clarity of mind and a short deep relaxation.
- **Dynamic Yoga** class for those who have some yoga experience and want more of a challenge, incorporating a comprehensive range and development of asanas (postures) integrated in a flowing sequence, also including some traditional breath and mindfulness practices and a short deep relaxation.
- **Relaxation/Meditation for Better Health** class, including a very short sequence of gentle exercises to warm and relax the body, a 25-minute deep relaxation practice, some simple instruction in mindfulness and a guided mindfulness meditation practice.