

STUDIO *P&Q*

pilates • yoga • meditation

2012 Yoga Timetable

Hatha Yoga – Jane Southwell

Tuesday 6.15am – 7.30am

Iyengar Yoga – Shayna Ogden

Wednesday 1.45pm – 3.15pm

Wednesday 4.00pm – 5.00pm (Teenage Yoga)

Wednesday 6.00pm – 7.15pm

Pregnancy Yoga – Nina Isabella

Monday 6.00pm – 7.15pm (weekly continuous classes)

Casual \$22 *UFS Members \$19.80*

6 Class Pass \$120 *UFS Members \$108*



Term 1

Week beginning 30 January – 26 March

(9 classes)

Cost: Term \$160 *UFS Members \$144*

Term 2

Week beginning 16 April – 25 June

(11 classes Tuesday) (10 classes Wednesday)

Tues Cost: Term \$200 *UFS Members \$180*

Wed Cost: Term \$180 *UFS Members \$162*

Term 3

Week beginning 16 July – 17 September

(10 classes)

Cost: Term \$180 *UFS Members \$162*

Term 4

Week beginning 8 October – 17 December

(11 classes)

Cost: Term \$200 *UFS Members \$180*

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

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, Oki-Do 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.

Nina Isabella

Nina Isabella, founder of mamashanti yoga for birth: birth support, is a devoted mother, prenatal yoga teacher, independent childbirth educator, birth attendant (doula), and passionate advocate for reclaiming women's trust in their innate wisdom to birth and raise their children consciously.

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**
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.
- **Yoga for Pregnancy and Birth**
Mamashanti's prenatal yoga program has been created to enhance your experience of pregnancy and ignite your birthing wisdom. This program is designed to complement your childbirth education classes. This program is of great benefit for first time mothers and an excellent refresher for women who have given birth.
- **Teenage Yoga**
Iyengar teenager yoga classes are an age and content appropriate way for young people to come together and learn about yoga, postures to help develop, flexibility, balance and confidence in a supportive yoga environment.