

# YOGA *calm* sanctuary in a busy life

9 Barratt Street Hurstville, on the corner of Barratt Street & Woodville Lane  
9544 7114 0438 506 545 [jen@yogacalm.com.au](mailto:jen@yogacalm.com.au) [www.yogacalm.com.au](http://www.yogacalm.com.au)

YogaCalm is one year old! Our second year begins with lots of exciting expansion to the YogaCalm offerings. New classes and new teachers! Welcome to Lilian Sutila and Justine Daly who will be teaching new classes. Lilian will teach a Dynamic Monday morning class and a Beginners class in Spanish on Saturday afternoons. Justine will teach a yoga class for children on Saturday afternoons, Bliss Kids for 4 -10 year olds! Jen will be teaching a Beginners class on Wednesday evenings.

*Come & celebrate our first birthday over some drinks & nibbles. Friday 7<sup>th</sup> September at the studio at 12.15pm after the Partner Yoga workshop....curious?...More on the next page about this workshop...*

Each week we are focusing upon nurturing a specific quality in ourselves and bringing more awareness to the particular group of postures which cultivate that quality.

7/8 - 11/8: **Courage** (back bends)  
14/8 - 18/8: **Letting Go** (forward bends)  
21/8 - 25/8: **Stillness** (balances & rest)  
28/8 - 1/9: **Transformation** (twists)  
4/9 - 8/9: **Stability** (standing poses)  
11/9 - 15/9: **Discovery** (inversions)  
18/9-22/9: **SelfRespect** (f"ward bends)  
25/9 - 29/9: **Embrace Life** (backbends)

*"My body is as supple as the wind, I have courage to be with all things as they come & go. My heart is open as the sky." from the kama sutra!*

***Begin it now.....***

## **Beginner Classes :**

**Wednesday evenings** for 6 weeks, 5<sup>th</sup> September to 10<sup>th</sup> October, 7.30 to 8.45pm.

Cost \$84. Teacher: Jen.

## **Saturday afternoons in Spanish:**

An ongoing class, starting 1<sup>st</sup> September. Teacher: Lilian.

Cost \$12 per week (special introductory offer!)

## **Commit to home practice!**

*Just plan to spend 10 minutes a day on your yoga mat and watch what happens...then tell us!*

## **Yoga Products for Sale:**

Mats: \$25; bolsters: \$55;  
blocks, straps, eyebags: \$15.

*Special: Mat, 2 blocks, strap, eyebag & practice notes: \$55*

**Bliss kids yoga** for 4 -10 year olds on Saturdays 1.15 to 2pm. starting 1<sup>st</sup> September. Cost \$10 or \$15 for siblings. Teacher: Justine Kids will have fun while exercising in a safe & social way that allows them to connect to their bodies through stretching & using their breath to become calm, relaxed & happy bliss kids!

**Workshop Friday 7<sup>th</sup> September: Partner Yoga 10am - 12 noon**

7<sup>th</sup> September will be a public holiday for most Sydney people because of APEC. Come along and experience the ease and support of practicing yoga with a partner. Bring a friend, or come alone and we will provide you with a yoga buddy! This is a way to learn how to practice yoga with deeper awareness. And it will be fun! Cost: \$20 per person

Teacher: Jen ***Book now to reserve your space on the mat!***

**For the Early Birds: Dynamic morning classes**

7.15-8.30am Mon, Wed & Friday. Lilian will teach Mondays with a gentle introduction to the week's dynamic classes. Jen will continue to teach Wednesdays and Fridays.

*"We catch ourselves in the peace of the morning, before the busyness of the day has taken hold. We're set up then, mind and body. Open & stable & courageous."*

Kathryn Fletcher, YogaCalm early bird

*"The perfect way to start the morning and maintain the wonderful calming peaceful feeling throughout the whole day"* Cindy Maher, another dynamic early bird!

**SPRING TIMETABLE 1<sup>ST</sup> SEPTEMBER 2007 - 1<sup>ST</sup> DECEMBER 2007**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7.15-8.30am Dynamic		7.15-8.30am Dynamic		7.15-8.30am Dynamic	8.30-9.45am General
			10.30-11.45am YogaBabies		10-11.15am Pregnancy
	12.45-1.30pm Lunchtime General	12.15-1pm Lunchtime Restorative	12.30-1.15 pm Lunchtime Dynamic	1.30-2.45pm Gentle Yoga	11.30-12.45 Relaxation & Meditation
	6 -7.15pm General	6. - 7.15pm General	5.45-7pm Restorative		1.15-2pm Bliss Kids
		7.30 - 8.45pm Beginners 5 <sup>th</sup> Sept-10thOct			3.00-4.30pm Beginners (in Spanish)

**What Yogacalm students say about classes:**

**Audrey, Gentle Yoga on Fridays:** "As a very senior person suffering with arthritis and lack of muscle tone, I am finding that my posture and my flexibility of movement quite noticeably is progressively improving."

**Tracey, Relaxation & Meditation on Saturdays:** "My Saturday yoga class is the highlight of my week, it resolves much of what has happened during the week and sets me up for the coming week. I love it."

**What Kyeemagh Infants School said about Yogacalm for their 5, 6 & 7 year olds:** "Provided a structure for creative movement, drama, imagination. Fun, non competitive, and children were relaxed and able to focus on Maths after yoga sessions!"

***Would you like yoga at your child's school? Let us know!***

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