

IYC SCHEDULE DECEMBER 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM					yogabasics Nathalie 1-2 9127 3910		
9:00 AM		yogabasics 2-3 Joan		yogabasics 2-3 Joan			
9:30 AM						yoga for beginners Shan ----- yoga4scoliosis / yogabasics 2-3 Joan	Community class yogabasics 1-2 Helen 9875 1259
10:00 AM			yogabasics 1-2 Fen 9455 6898				
10:30 AM		yogabasics 1-2 Joan	Intro Shadow yoga Joan	yogabasics 1-2 Joan			
11:00 AM						yoga4scoliosis / yogabasics 1-2 Joan	ashtanga yoga 1-2 Sam
12:30PM						new! yogabasics 1-2 Hsiu Yen	
			6:45pm yogabasics 1-2 Daphne 9818 6627		6:30PM yogabasics 2-3 Joan		
7:00 PM	yogabasics 1-2 Joan	yogabasics 1-2 Joan	yogabasics 2-3 Sam				
7:30 PM	yogavinyasa 2-3 Shan 9764 1331			yogabasics 1-2 Mei			

All classes 1 & 1/2 hours. Levels: 1-2: beginners 2-3: general level Class fees: Drop-in: \$30 / Block of 4 - \$100 / Block of 10: \$250 / Monthly unlimited: \$250 / 3-month unlimited pass: \$600. Validity for a block of 4-\$100 is one month, block of 10-\$250 is three months. Classes in red are by appointment only please.

Wed 7pm yogabasics 2-3 with Sam - only in Dec.

Fri 8:30am - yogabasics 1-2 with Nathalie in French/Eng

Sat 12:30pm with Hsiu Yen **New!**

Sun 9:30am with yogabasics Helen - Community class, on a donation basis, give what you can

NB - upcoming workshops - mark your calendars! sign-up!

- **Deepen your practice** - yoga intensive with Joan **Dec 18, 19 & 20, 2009**

Fri 6:30 - 8:30pm - \$35 / Sat 2 - 5pm - \$50 / Sun 8 - 11am - \$50

\$100 for all three classes or \$35 for Fri eve class, \$50 each Sat & Sun class. Please sign up.

- **Christmas Intensive with Joan** Mon - Fri, **December 21 - 25, 8 - 10am**

Find inner tranquillity through a centered practice. Stay with inner equipoise through this holiday period without getting caught up in the frenzy! Connect to the rhythm of the breath and surrender into the flow of the *prana*.

Suitable for all levels. \$130 for all five days or \$35 per class. Sign-ups only please. Call 6736-1958 to register.

- **Advanced Studies / Teacher Training 2010** - registration available for the two year course beginning in Jan 2010. An opportunity to deepen your commitment to yoga by delving into its deeper aspects, removing obstacles to awareness, innate intelligence and clarity.