

# Timetable :YOGA CLASSES

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**Monday** am Nambour- 9.30am-11. Masons Hall. Blackall Tce.

Pm Palmwoods- 6.30pm-8. CWA Hall.Opp IGA Main St.

**Tuesday** am Woombye- 10am-11.30. Library Hall.cnr Hill St/ Blackall St.

pm Sippy Downs-5.30pm-7pm. Education Center. Lakehead St.

**Wednesday** pm Palmwoods.CWA Hall. Main St. Opp IGA. Main St.

**Saturday** am Sippy Downs- 9am-10.30. Education Center.Lakehead St.

## **Tips for class:**

Please book to secure your spot or come 10mins early.

**New student form:** *If you are a new student please come early to fill out health form or download.*

**What to bring:** water, mat, light blanket, cushion (if needed).

**Cost:** 5 sessions for \$60 or single am \$13/pm \$15.

*If you are late please be as silent as possible.*

Phone Linda for any queries: 0402937761

(Private classes available by appointment).

## YOGA STUDENT GUIDELINES

### Yoga is for You

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*Respect and listen to your body. Know that your body may be different today than it was yesterday. Adjust the pose to suit you, modifications can be made.*

*Explore your limits and challenge yourself when ready with an attitude of self-compassion, never pain.*

*Yoga is non-competitive. Whenever you are on your mat, be in the moment of 'now'. Like life- the Yoga practice is about the journey, not the destination. Don't judge yourself or the experience.*

*Do not eat 2-3hrs before a Yoga class, as it takes a good deal of energy. Some fruit will be OK.*

*Drink plenty of water after class.*

*Tell your teacher of any injuries, illness or trauma which may affect your practice.*

*Arrive at least 5mins before class so you can settle and center yourself.*

*Switch off your mobile phone.*

*If you arrive late, enter quietly and mindfully. Unroll your mat outside etc to minimise noise.*

*During menstruation avoid inversions, and take it easy at this time.*

*Feed back is welcome.*

*Enjoy, smile.*

*Om*

*Linda Nugent*

*0402 937 761*