



Timetable: YOGA

CLASSES

Monday AM	Nambour 9:30am-11am CWA Hall. Short St. Nambour
Monday PM	Palmwoods – 6:30pm-8pm CWA Hall. Opposite IGA Main St.
Tuesday AM	Woombye – 10am-11:30am Library Hall. Cnr Hill St/Blackall St
Tuesday PM	Sippy Downs – 5:30pm-7pm Education Center. Lakehead St.
Saturday AM	Sippy Downs – 9am-10:30am 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

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.

Feedback is welcome.

Enjoy, smile.

Om

Linda Nugent

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