

# Yoga Plus Therapies Timetable 2017

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7.30am (30 mins)			Tai Chi Sword/Fan (not in winter) R	
8 am			Tai Chi R	
9 am			Gentle Yoga R	
9.30 am	Yoga Stillness Flow R			Yoga Slow & Easy R
10.30 am	Yoga J	Yoga R		
4 pm	Gentle Yoga R	Chair Strength Yoga R		
6 pm			Yoga Bones of Steel (Course) J	
6.15 pm	Yoga R			Gentle Yoga J
6.30 pm				Yoga Combo R
7 pm			Yoga Strong & Simple J	

✓ **CAMP HILL:** CoC hall, 18 Third St (Terms only, but join anytime, space permitting. No classes: school/public hols).

✓ **CHP:** Parooba Ave Camp Hill, downstairs studio (special classes, one-on-ones, physio/yoga therapy - by appt).

✓ **CHANDLER:** Pace Fitness, Sleemans Centre cnr Old Cleveland/Tilley Rds (No classes Xmas hols).

✓ **COORPAROO:** The Village, 398 Cavendish Rd. Enter from side street.

✓ **KANGAROO POINT:** (6 week terms - bookings required).

✓ **STONES CORNER:** WWCC World Wellness Community, 11/416 Logan Rd (last room at the end of the Arcade.)

**TEACHERS:** R = RadhikaJ = James

• **Bones of Steel:** Our special program of Yoga Plus adapted for Osteoporosis, evidence based bone strengthening, fracture preventing strategy. Posture, strength, bone health.

• **Chair Strength Yoga:** Basics, easy strengthening & stretching, breathing, relaxation. Use of props, chairs.

• **Yoga/ Yoga Stillness & Flow:** Moderate level, suited to most, may include Hatha or Vinyasa yoga.

• **Gentle Yoga:** Basics, easy strengthening & stretching, breathing, relaxation.

• **Yoga Slow & Easy:** Gentle class, suited to older, people with injury or those who want to take it easy; includes

lots of warm up practices, joint mobilising, use of props, & preparation for yoga.

• **Yoga Strong & Simple:** Stronger class, suited to men, couples, upper body, core, strength & stability.

• **Yoga Combo:** A mixed class suitable to both beginners wanting a bit more, & intermediates. Class is practised in levels to accommodate all stages of fitness & health.

• **Tai Chi:** Qigong breathing, Beijing 24, Chen

• **DragonPhoenix Fan, 38 Sword.** Balance, flow, chi, leg strength, (requires Tai Chi basics training first)