

Yoga Plus Therapies Timetable 2018

Ph:07 3342 1480

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.30 am			Tai Core@C R (30 mins)	
9 am			Gentle Yoga@C R	
9.30 am	Yoga@CH R			Yoga Slow & Easy@HP R
10.30 am	Yoga@C J	Yoga@C R		
11 am	Tai Core @CH R			
4 pm	Yoga for Women@SC R	Chair Strength Yoga@Cp R		
6 pm			Yoga Bones of Steel (Course)CH J	
6.15 pm	Yoga@C R			Gentle Yoga @KP J
6.30 pm	Yoga@KP J			Yoga Combo @HP R
7 pm			Yoga Strong & Simple@CH J	

✓ **CAMP HILL:** Parooba Ave Camp Hill, downstairs studio. Also special classes, one-on-ones, physio/yoga therapy - by appt. (Terms only at CH & HP, but join anytime, space permitting. No group classes on school/public hols).

✓ **HOLLAND PARK:** RSL Memorial Hall, 58 Arnold St. (Terms only, but join anytime. No classes: school/public hols).

✓ **CHANDLER:** Pace Fitness, Sleemans Centre cnr Old Cleveland/Tilley Rds.

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

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

✓ **STONES CORNER:** WWCC World Wellness Community, 53 Old Cleveland Rd.

TEACHERS: R = Radhika J = James

• **Bones of Steel:** Our special program of *Yoga Plus* 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:** Moderate level, suited to most, may include Hatha or Vinyasa yoga.

• **Gentle Yoga/Yoga for Women:** 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 - for both beginners wanting a bit more, & intermediates. Class is practised in levels to accommodate all stages of fitness & health.

• **Tai Core:** Meditation, core, balance, falls prevention, breathing, Tai Chi exercises

• Please check class times & availability before attend