

Yoga Plus Therapies Timetable 2018

Ph:07 3342 1480

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

- ✓ **CAMP HILL:** Parooba Ave Camp Hill, downstairs studio. (School terms only at CH, but join anytime, space permitting)
Also special classes, one-on-ones, workshops, physio/yoga therapy - by appt.
- ✓ **CHANDLER:** Pace Fitness, Sleemans Centre cnr Old Cleveland/Tilley Rds. Continuous classes.
- ✓ **COORPAROO:** The Village, 398 Cavendish Rd. Enter from side street.
- ✓ **KANGAROO POINT:** (6 week terms - bookings required).

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.
- **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, breathing, Tai Chi exercises

• Please check class times & availability before attending. No classes on public hols.