

Yoga Plus Therapies Timetable 2019

Ph:07 3342 1480

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9 am			Gentle Yoga @Ch <i>R</i>	
9.30 am	Yoga@CH <i>R</i>			Yoga Slow & Easy@CH <i>R</i>
10.30 am	Yoga @Ch <i>J</i>	Yoga@Ch <i>R</i>		
11 am	Tai Core Gold @CH <i>R</i>			
3 pm	Yoga@SC <i>R</i>			
4 pm		Chair Strength Yoga@Cp <i>R</i>		
6.15 pm	Yoga for Improving Sleep @CH <i>R</i> (Short Course)			
6.15 pm	Yoga@Ch <i>Ja</i>			Gentle Yoga @KP <i>J</i>
6.30 pm	Yoga@KP <i>J</i>			Yoga Combo @CH <i>R</i>
7 pm			Yoga Strong & Simple @CH <i>J</i>	

CAMP HILL (CH):

Parooba Ave Camp Hill, downstairs Studio

CHANDLER (Ch):

Pace Fitness, Sleemans Centre, cnr Old Cleveland/Tilley Rds.

✓ COORPAROO (Cp):

The Village, 398 Cavendish Rd.

✓ KANGAROO POINT (KP):

(6 week terms - bookings required).

✓ STONES CORNER (SC):

World Wellness, 33 Stoneham St.

TEACHERS: *R* = Radhika *Ja* = Jane *J* = James

- **Yoga for Improving Sleep (4 week Course)**
- **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, & easy intermediates. Class is practised in levels to accommodate all stages of fitness & health.
- **Tai Core Gold:** Meditation, core, balance, breathing, Tai Chi. Use of chairs if required.

•Please check class times & availability before attending. No classes on public hols. Some classes have term breaks.