

# shanti yoga



## Retreat



## Ayurveda



## Yoga




## Courses



## Meditation



	Monday	Tuesday	Wednesday	Thursday	Saturday	
9:15am	<b>Pranayama</b> relax, heal, breathe 9:15 - 10:15 <i>Shantiji</i>	<b>Bollywood</b> dance fun movement, burn fat 9:30 - 10:15 <i>Shantiji</i>	<b>Yoga</b> stretch & tone 9:15-10:10 <i>Hilary</i>	<b>Bollywood</b> dance fun movement, burn fat 9:30 - 10:15 <i>Shantiji</i>	<i>Transform your life</i>	 <i>Shanti Gowans</i>
9:30am						
10:15am	<b>Yoga</b> easy, gentle, flow yoga for general wellbeing 10:15 - 11:30 <i>Shantiji</i>	<b>Yoga</b> stress ease, healthy back, pelvis and tummy 10:30 - 11:30 <i>Shantiji</i>	<b>Sacred Art</b> mandala design 10:15-12:15 <i>Christine</i>	<b>Yoga</b> stretch & tone 10:15-11:10 <i>Sue</i>	<b>Payment Options</b> <b>Single session</b> - up to 55mins \$18 • Add-on per class back-to-back +\$ 5 <b>30 day pass</b> -unlimited \$99 <b>Annual Pass</b> - unlimited \$795 <b>Kids Yoga</b> - single session \$13 • Pre-pay 5 weeks \$50 <b>Bollywood dance</b> • Single session \$30 • Pre-pay 9 week course \$175 • Add-on class back to back \$15 • Special: Pre-pay 2 courses within same term and receive 30% off the 2nd course.  <b>30 day pass bonus:</b> Receive a \$50 discount towards a retreat. Pass must be valid. <b>Loyalty bonus:</b> Purchase 12 consecutive monthly passes and receive a FREE weekend retreat valued at \$495. All passes must be presented. <b>Annual pass bonus:</b> Receive a FREE w/end retreat valued at \$495 with every annual pass purchase. Retreat transfer \$99. <b>Member</b> i.e. monthly & annual -not transferable/extendable/refundable -unlimited class attendance -excludes bollywood, kids yoga, lunch  <b>Nirvana Wellness Retreats</b> Transformative and healing. Inc. program, meals and 5 choices of accommodation: <b>Van:</b> \$195/day. \$390w/end. \$1365/wk <b>Standard rooms (twin-share)</b> \$298/day. \$596w/end. \$2086/week <b>Standard plus rooms (single room)</b> \$325/day. \$650w/end. \$2275/week <b>Ensuite rooms</b> <b>Twin-share:</b> \$360/day. \$720w/end. \$2520wk <b>Single:</b> \$395/day \$790w/end. \$2765/wk <b>Detox:</b> Add \$500 per 7 days or \$85 per day.	
10:30am						
11:15am	<b>Relaxation</b> & meditation 11:30 - 12.10 <i>Shantiji</i>	<b>Yoga</b> gentle, flow yoga for health and wellbeing 11:30 - 12:30	<i>Slow Down</i>	<b>Yoga</b> stress ease, healthy back, pelvis and tummy 10:30 - 11:30 <i>Shantiji</i>		
11:30am						
12:30pm	Vegetarian weightloss meals Mon-Thurs Eat-in or t/a \$10 Frozen meals \$7	<b>Deep Relaxation</b> & self healing 12:30 - 1:15 <i>Shantiji</i>	<i>Slow your breath down</i>	<b>Yoga</b> gentle, flow yoga for health and wellbeing 11:30 - 12:30		
12:45pm	Spiritual cinema and discussion <b>FREE</b> Mondays 12.45pm-2pm					
4:00pm	<b>Kids Yoga</b> terms 4.00-4.45 <i>Tanya/Roxi</i>	<b>Subscribe to our Newsletter online</b>			<b>Be Here Now!</b>	
5:30pm	<b>Yoga</b> stretch & tone 5:30 - 6:25 <i>Tanya</i>	<b>Yoga</b> stretch & tone 5:30 - 6:25 <i>Sonja</i>	<b>Yoga</b> stretch & tone 5:30 - 6:25 <i>Sue</i>	<b>Yoga</b> stretch & tone 5:30 - 6:25 <i>Nicole</i>		
6:30pm	<b>Yoga</b> hatha 6:30 - 7:25 <i>Sonja</i>	<b>Yoga</b> healthy back 6:30 - 7:30 <i>Shantiji</i>	<b>Deep Relaxation</b> & self healing 6:30 - 7:30 <i>Shantiji</i>	<b>Bollywood</b> 9 wk course 5:30 - 6:20 <i>Kamalaji</i>		
7:30pm	<b>Yoga</b> for plus sized bodies/pregnancy 7:30 - 8:15	<b>Yoga</b> flow 7:30 - 8:30 <i>Shantiji</i>	<b>Yoga</b> wellness - stop stress, flab and ageing 7:30 - 9:00 <i>Shantiji</i>	<b>Bollywood</b> 9 wk course 6.30-7.20 <i>Kamalaji</i>		
8:30pm	<b>Relaxation</b> & meditation 8:15-8.35 <i>Sonja</i>	<b>Relaxation</b> & meditation 8:30 - 9:10 <i>Shantiji</i>				
9:15pm		<b>Bollywood Recap</b> 9:15 - 10:30pm	<b>Bollywood Recap</b> 9:15 - 10:30pm			



Shanti Yoga reserves the right to change the timetable & teachers at any time.  
The Health Institute. National Provider No.30834 CRICOS No.03098E  
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as of 17th January 2012