

NEWTOWN TIMETABLE

UNIT A / 76 WILFORD STREET

Timetable effective as of January 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30-8.00am	JIVAMUKTI YOGA OPEN Justine		JIVAMUKTI YOGA OPEN Sandy	JIVAMUKTI YOGA OPEN Justine			
8.00-9.00am	JIVAMUKTI YOGA HOUR \$8 Sarah De	JIVAMUKTI YOGA HOUR \$8 Jess	JIVAMUKTI YOGA HOUR \$8 Jess	JIVAMUKTI YOGA HOUR \$8 Sandy	JIVAMUKTI YOGA HOUR \$8 Anna	8.00-9.30am JIVAMUKTI YOGA OPEN Anna	8.00-9.30am JIVAMUKTI YOGA OPEN Doug
10.00-11.15am	MUMS & TODDLERS/ PRESCHOOLERS Aleta / Ariana	MUMS & BABIES Lynda	YOGA Karen (with Creche)			PREGNANCY YOGA Lynda	10.00-11.30am JIVAMUKTI YOGA OPEN Keith
10.00-11.15am	YOGA Gaby	YOGA Bec			YOGA Ariana		
12.00-1.00pm	JIVAMUKTI YOGA HOUR \$8 Sarah De	YOGA HOUR \$8 Patty	YOGA HOUR \$8 Idit	JIVAMUKTI YOGA HOUR \$8 Sandy	JIVAMUKTI YOGA HOUR \$8 Doug	12.00-1.30pm JIVAMUKTI YOGA OPEN Anna	12.00-1.30pm JIVAMUKTI BASICS (Beginners drop in) Keith
12.00-1.00pm	JIVAMUKTI YOGA BEGINNERS Jess \$8		BEGINNERS YOGA Dom \$8		BEGINNERS YOGA Dom \$8		
1.15-2.15pm	JIVAMUKTI YOGA HOUR \$8 Sarah De	YOGA HOUR \$8 Patty	YOGA HOUR \$8 Idit	JIVAMUKTI YOGA HOUR \$8 Sandy	JIVAMUKTI YOGA HOUR \$8 Doug	2.00-3.15pm JIVAMUKTI RESTORATIVE (Drop in) Anna	2.00-3.30pm JIVAMUKTI YOGA OPEN Keith
4.00-4.45pm	KIDS YOGA Caterina					4.00-5.30pm JIVAMUKTI YOGA OPEN Anna	4.30-5.45pm YIN YOGA Monica
6.00-7.15pm	PREGNANCY YOGA Lynda	KUNDALINI YOGA Patty	KUNDALINI WOMEN'S YOGA Aleta				YOGA David
6.00-7.30pm	JIVAMUKTI YOGA OPEN Katie	JIVAMUKTI YOGA OPEN Justine	JIVAMUKTI YOGA OPEN Sarah De	6.00-8.00pm JIVAMUKTI YOGA OPEN Rachael	JIVAMUKTI YOGA OPEN Sandy	JIVAMUKTI YOGA OPEN Chris	
7.45-9.15pm	7.30-8.30pm YOGA NIDRA \$8 Lynda		7.30-8.45pm KUNDALINI RESTORATIVE YOGA Aleta	JIVAMUKTI YOGA BEGINNERS COURSE Katie			
7.45-9.15pm	JIVAMUKTI YOGA OPEN Katie	JIVAMUKTI RESTORATIVE YOGA & MEDITATION Justine	7.45-9.00pm YOGA Gaby				

CLASS DESCRIPTIONS

JIVAMUKTI YOGA OPEN / 1 HOUR CLASS - The open class encompasses all levels at Jivamukti. You work at your own pace, following the teacher's constant guidance. A typical open class consists of flowing vinyasa sequences partnered with Sanskrit chanting, traditional Vedic and contemporary teachings and music as well as commentary, breath awareness, meditation, hands-on alignment, and relaxation. We do sitting, standing, and inverted postures, and suggest challenging variations for more advanced students.

JIVAMUKTI BASICS - These classes take a more 'workshop' style approach and focus on the fundamentals. Great for beginners with some experience, those new to Jivamukti method or seasoned practitioners looking to brush up alignment. Each week of the month features a concentration: standing poses, forward bends, back bends, and finally, combinations and inversions. Basics runs as a drop-in class.

BEGINNERS / BEGINNERS HOUR - If you are a brand new beginner to yoga these classes are for you. If you've never heard of downward dog and can't imagine ever standing on your head we welcome you. People of all ages, shapes, sizes and fitness backgrounds will be in the class so there is no need to feel intimidated or overwhelmed. This class is just what the name says - for total beginners.

JIVAMUKTI RESTORATIVE YOGA - A gentle practice that will leave you feeling uplifted and relaxed. You will hold poses for longer and relax into a pose in order to release parts of the body that hold emotional and physical tension. Good for those recovering from injury, beginners to yoga or for those wanting a gentle practice.

YOGA NIDRA - The practice of deep relaxation of the physical body where consciousness remains alert. This class is suitable for everyone and involves some gentle opening stretches to enable physical relaxation. In this practice we are given the opportunity to inhabit our subconscious and explore things and ideas that in everyday life perhaps hold us back. The practice is done lying on the ground and is suitable for practitioners of any level or physical ability.

YOGA / YOGA HOUR - These classes offer a mixed level flowing vinyasa practice. This means that your movements are linked with your breath as each pose flows onto the next. These classes are open to all levels.

KUNDALINI YOGA / KUNDALINI WOMEN'S YOGA - Until fairly recently the secrets of Kundalini yoga were closely guarded. In 1969 this powerful and transforming yoga was brought to the West by guru Yogi Bhajan. Kundalini yoga is a vigorous form of yoga suitable for all levels. The classes use mantra, breath, dynamic posture, and meditation. The Kundalini yoga tradition is based on the chakras (or energy wheels) in the body. Kundalini yoga offers a physical, mental and spiritual program that provides a simple guide to living in health, peace and harmony.

YIN YOGA - Relaxed and nourishing long held poses with a focus on meditative awareness. Yin Yoga works particularly on connective tissue and is perfect for anyone who is very restricted or 'inflexible' in the body.

SATSANG - Satsang means keeping the company of the holy, the like-minded and those who are identified with the truth. Satsang usually includes chanting or 'kirtan', and is a devotional practice. Meditation, or a discussion or movie nights may also form part of our Satsang here at Jivamukti Sydney. Different teachers lead Satsang each session please check the website for details and special events.

CLASS DESCRIPTIONS CONTINUED

PREGNANCY YOGA - Our pregnancy yoga classes enable the pregnant yogini to safely practice sun salutes, standing poses, balances and forward bends. Emphasising breathing along with stretching and strengthening the body, these challenging but relaxing classes are empowering for pregnant women. These classes become a yoga 'community' for expecting mothers.

MUMS & BABIES YOGA - A post-natal class for mothers with babies from 6 weeks to 12 months old. A typical class emphasises postures designed to realign the inner body and nurture and nourish the transition to motherhood. Most importantly, these classes are a great way for new mothers to connect physically, emotionally, and spiritually with their babies as well as with other mums.

MUMS AND TODDLERS/PRESCHOOLERS YOGA - Join other mums and their toddlers/preschoolers for a morning filled with music, fun and yoga postures. Suggested age 2-5 years.

KIDS YOGA - Recommended age group Kindy to Year 2. Yoga helps children stay supple and healthy from a young age. It's a great form of exercise because it's not competitive and it encourages participation rather than winning. The classes are fun and lighthearted.

CLASS PRICES / PACKAGES

All 75min and 90min Classes - \$18 casual drop in

One Hour Classes - \$8 casual drop in

Kids Yoga Classes - \$11 casual drop in

Creche - \$4

Satsang - please check the website for Satsang dates

\$18 - 10 Class Pack - \$150 (3 month expiry)

\$8 - 10 Class Pack - \$70 (3 month expiry)

Beginners Course - \$120 - (book online via website)

Kids Yoga 10 Class Pack - \$100

'Unlimited Monthly' - only \$37.50 a week - minimum 6 month contract

जीवमुक्ति योग JIVAMUKTI YOGA SYDNEY

May All Beings Everywhere be Happy and Free...



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