



Studio Location
Suite 7
221 MacQuarie St
Hobart
(please enter off Molle St)
www.yogafromtheheart.com.au
Phone; 04 0004 5873

February 4th – April 13th, 2019 CLASS SCHEDULE

Please note there are no classes on Public Holidays
 11th February and 11th March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:30-8am <i>Deepening/Expanding With Dani</i>	6:30 -7:45am <i>Foundation With Jo</i>		8-9:15am <i>Deepening/Expanding With Changing teacher</i>	
	9:30-11am <i>Foundation+ With Clare</i>		9:30-11am <i>Deepening With Clare</i>		9:30-10:45am <i>Foundation/Deepening With Changing teacher</i>	9:15-10:15am <i>Aerial Deepening With Emma</i>
10:15-11:30am <i>Postnatal With Meredith</i>				10-11am <i>Adventurous Asana With Emma</i>		10:30-11:30am <i>Aerial Foundation With Emma</i>
12:15-1:30pm <i>Prenatal With Meredith</i>	12-1pm <i>Lunch time With Meredith</i>	12:15-1pm <i>Aerial Yoga With Emma</i>	12:15-1pm <i>Inner Ease With Dani</i>	12-1pm <i>Lunch time With Emma</i>		
5:30-7pm <i>Deepening With Clare</i>	5:30-6:45pm <i>Foundation With Dani</i>	5:30-7pm <i>Deepening/Expanding With Clare</i>	5:30-7pm <i>Deepening With Emma</i>	5:30-6:45pm <i>Specialty Classes See Website Under 'Other Offerings' For Details</i>		
7:15-8:30pm <i>Foundation With Clare</i>	7-7:45pm <i>Inner Ease With Dani</i>	7:15-8:30pm <i>Prenatal With Meredith</i>	7:15-8:30pm <i>Foundation/Deepening With Jo</i>			

To enrol or for more information please contact the instructor of the class you are interested in.

Clare Raffety: 6239 6211 or 0400 588 353, clare@yogafromtheheart.com.au

Emma Miley: 0413 851224, emma@yogafromtheheart.com.au

Dani Fox: 0416 978543, dani@yogafromtheheart.com.au

Jo Hall: 0459130100, mojo.jotajo@gmail.com

Meredith Izon: 0415588155, maizon3@gmail.com

Class Description:

Foundation, 75minute classes. Explore the foundations of alignment and essential elements of a yoga practice including a wide range of yoga postures, breathing practices, meditation and relaxation in a safe and supportive setting. A great place to begin if you have little or no yoga experience or are looking for a gentler session.

Deepening, 75-90minute classes. Delve deeper into the art and science of yoga through a wider range of postures and deeper enquiry into the universal principles of alignment. Most appropriate for students with some yoga experience and ongoing students. We suggest you have at least one term of 'Foundation' level classes (or equivalent e.g. another yoga style) before signing up for Deepening level classes.

Expanding, 90minute classes. With a wider variety of practices including asana, pranayama, chanting, philosophy, meditation and relaxation. Appropriate for students who have previously explored foundations and/or deepening classes and want to expand their practice further.

Lunch time, 45-60 minute classes. These classes are suitable for all students, whether you are new to yoga or more practiced.

Prenatal, 60-75minute classes. Nurture and balance your mind, body and spirit with this gentle practice ideally suited for pregnant women.

Postnatal, 75minute classes. Weekly classes offer staged, appropriate restorative practices with attention given to recovery of the pelvic floor and abdominal muscles as well as relieving tension in the upper back, shoulders and neck as mothers adjust to life with a newborn. Relaxation and breathing practices offer mothers ways in which to calm and connect with themselves and their babies.

Aerial, 45-60minute classes. Move through traditional yoga poses and aerial adaptations all supported by the specially designed and load tested hammock.

Inner Ease, 45minute classes. gentle session is intended to invite ease at all levels of body, mind and heart for those feeling the dis-ease of chronic illness.