

Studio Cirq Yoga Courses, Programmes, Workshops and Events for May - June

Yoga programmes

Yoga programmes offer a way of working with a teacher to give greater purpose, focus and continuity to your yoga practice. By regularly attending class at the same time and same days each week, you will see and feel changes as the body evolves.

To participate, you are required to commit to a minimum of one month. Book online or at the Studio

Fee schedule for Yoga Programmes

Minimum one month booking
1 month (8 classes) \$125
1 month (7 classes) \$110
3 months (24 classes) \$55 fortnightly by direct debit. Total fee \$330

Yoga Progressions

Build progressive sequences that develop strength, flexibility and stability to improve your physical and mental stamina. Follows monthly themes to complement and enhance your yoga experience and equip you with the tools for making yoga a life-long practice

Class time: 7 - 8.15am.

Frequency: Two weekly classes on Monday and Thursday
Book online or at the Studio

Morning Practice

Jasmine teaches a classical style of yoga integrating daoist forms. Suitable for all levels of yoga experience: beginners will build confidence through awareness of alignment and breath. Experienced students will discover a deeper sense of control and a greater sensitivity for the subtle sensations of the breath.

Class time: 7 - 8.15am.

Frequency: Two weekly classes on Tuesday and Friday
Book online or at the studio

Yoga Courses

Yoga Foundations

Tuesday 6.30 - 7.45pm
Teacher: Jamie O Loughlin
Term 2: 6 May - 24 June
8 weeks Fee: \$190
Book online or at the Studio

Absolute beginners, or those returning to yoga will benefit from this course designed to provide a thorough grounding in the key yoga postures. Over the 8 weeks students will develop the strength, stamina and awareness to improve posture and flexibility, but also provide balance and stability in body and mind. On completion of the course, students can join our dynamic yoga classes with confidence

Ashtanga Yoga for Beginners

Wednesday 6 - 7.15pm
Teacher : Aimee Scholum
Term : 7 May - 25 June
8 weeks Fee: \$190
Book online or at the Studio

Ashtanga yoga is a vigorous, form of yoga performed in a set sequence of postures. Beginners start with the primary series to develop strength and flexibility. It is a challenging form of yoga that will increase endurance and stamina



The Mindful Eating Club

Mindful Eating is a new initiative that celebrates the beautiful things in life: good food, relaxed company and meditation. Gatherings will be held monthly at a selected food venue for conversation about food and philosophy before participating in meditation and a meal. All meals will be eaten in noble conviviality; where conversation is sparing and light.

The purpose is to learn the skill of everyday mindfulness, increasing a sense of enjoyment of, and engagement with, life.

First event:
Sunday 18 May
11.30am - 1pm

Shoku Iku, 120 High St, Northcote
2 course vegetarian meal

Fee \$45 per person Please book online or at the Studio

Dr Nadine Cameron is a wellbeing consultant, meditation teacher, researcher and occasional performer with a long-term interest in the body. She is fascinated with how our health behaviours - the ways in which we eat, exercise and relax - interact with our perceptions of our physical selves in the production of wellbeing.

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