






raw elements
HEALTHY LIFESTYLE

Yoga timetable

WINTER/SPRING STUDIO AND ONLINE 2023

online classes are being updated every week with a variety of styles to suit the all levels

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SUNDAY
<p>9.15am -10.15am Kundalini yoga & Crystal bowl sound healing STUDIO sound healing and kundalini yoga (this session really boost the energy and shifts and changes your mood) in studio - CHILDCARE AVAILABLE</p>	<p>6.00am - 6.40am Vinyasa Flow Yoga STUDIO & VIRTUAL CLASSES via zoom or receive recording</p>	<p>BOOKINGS AVAILABLE</p>	<p>6.00am - 6.40am Core Yoga STUDIO & VIRTUAL CLASSES via zoom or receive recording</p>	
	<p>BOOKINGS AVAILABLE</p>	<p>9.15am - 10.15am General Yoga STUDIO & VIRTUAL CLASSES via zoom or receive recording</p>	<p>9.15am - 10.15am Gentle Yin Yoga STUDIO Delicious deep stretch class</p>	
	<p>5.50pm - 6.50pm Vinyasa Flow Yoga STUDIO Link for Class</p>	 <p>FINDING THE OASIS WITHIN KOH SAMUI 26th Aug – 2nd Sept, 2023</p>		<p>BOOKINGS AVAILABLE</p> <p>Private or 1:1 sessions, Transference Healing, Yoga, Crystal sound bowl therapy, PT, Meditation, Holistic Lifestyle counseling, Foot Detoxes and Chakradance series.</p>
	<p>7.00pm - 7.40pm Transference Healing Meditation STUDIO (Transference healing, in studio, via zoom or receive a recording)</p>			<p>4.30pm - 5.30pm Gentle Yin Yoga STUDIO Delicious deep stretch class</p>

KEY

ONLINE Online Subscription
STUDIO - 131 Lloyd street East Bendigo Vic 3550
VIRTUAL CLASSES Book your class ZOOM
TKO STUDIO - 1-3 Weeroona Avenue, Bendigo

	Mums & Bubs		Chakradance
	Hatha Yoga		Kundalini yoga & crystal bowl sound healing
	Vinyasa Flow Yoga		Energised Yoga
	General Yoga		Combo yoga/HIIT class
	Yin Yoga / Meditation		Meditation

Winter/Spring ONLINE Timetable - July 10th - September 18th

Please note: Your class pass starts on the day of your purchase. You will receive a confirmation text confirming the date of purchase, and a text notifying when you only have 4 classes remaining on your pass, and two weeks before expiration.

No childrens yoga this term
Monthly YOGA 10 PASS \$200 (\$20)
UNLIMITED pass is \$55*PER WEEK
Entitles the subscriber to book into any public available classess per the timetable. Excludes one on one and private group sessions.
Personal Training 5 PASS 30 \$263
Entitles subscriber 5 half hour sessions
10 pass half hour \$500
5 hour session \$380
10 hour session \$750

CONTACT
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PRICES

10 pass (valid for 12 weeks) \$200 = \$20 per class
meditation 10 pass \$150 valid for 12 weeks
\$55 unlimited pass for any class - includes virtual and in house classes - WEEKLY
Transference Healing Session (1 hour 30 minutes) \$150
Personal One on One Yoga Session Virtual (30 minutes) \$55
Personal One onOne Yoga session Virtual (45 minutes) \$70
Personalised One on One Yoga Session (1 hour) \$80
Family yoga session (1 hour) \$80
Group bookings : Corporate (1 hour) minimum group of 4 \$110 min cost.
Prices range depending on group size.
CHAKRADANCE
Chakradance (Studio) (1 hour) \$28
Chakradance Session (Private one on one) (1 hour) \$88
Chakradance Session (Private Group max 4) (1 hour) \$110
Cost includes creative art materials Note: the Thursday closest to the full moon each month.

yoga style descriptions

Yoga classes to suit all levels of fitness.

Private and personalised yoga lessons

Private yoga lessons or individuals or small groups allow you to receive specific personalised instruction and assist you to improve your yoga and relaxation techniques at your own pace. It will give you a solid foundation on which you can build your yoga practice. Please contact Peita regarding your needs and requirements.

Energised

This beautiful style of yoga incorporates a series of poses that activate each of the chakra energies. After each pose you are granted space to witness the energies that unravel. Leave the class feeling energised, connected and centred. A beautiful way to start your day.

Hatha Yoga (all levels)

The foundation of many other methods of yoga. A practical and timeless science, Hatha Yoga is profoundly effective in easing the stresses of modern living. The combination of thoughtfully designed postures (asanas), breathwork and relaxation helps you to sustain a healthy and balanced lifestyle.

Vinyasa Flow Yoga (intermediate)

Also called flow yoga because it directly focuses on "breath-synchronized movement." Vinyasa yoga is often faster paced, and the asanas (postures) are linked together in a series of movements that are synchronized with the breath. Much emphasis is placed on the breath and the transition in and out of the asanas. The continual movements, from one pose to another, gives you an added cardiovascular benefit, which more traditional forms of yoga do

not have. The routine practice of Vinyasa yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

Yin (all levels)

Yin yoga is a gentle, calming, therapeutic kind of yoga that uses props to support the body as it eases into relaxation and balance, while gently stretching and strengthening the body. This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. All levels welcome including students working with injury, or sensitivity.

Gentle Yoga (all levels)

Rebalance and restore with this gentle but steady practice to reset your mind and body. We will utilize the props for support, get grounded and melt tension. It is structured around healing and rejuvenating and is suitable for all levels of Yoga looking for a slower paced class.

Kids Yoga (All levels, ages 3-14)

Ignite your child's inner spark by nurturing and encouraging them to believe in themselves and find their true potential. Through music, dance, stories, games, relaxation and meditation kid's yoga classes are a terrific introduction for children to learn about balance, breath and well being in a supportive and non-competitive environment.

Prenatal/Postnatal (all levels)

The practice of Yoga, linked with the breath will bring awareness to your body, mind and spirit, and help you connect with your growing baby. The postures help to strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. They will also alleviate many of

the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Inside you is an innate wisdom that intuitively understands the natural process of birth. We help you reconnect with this wisdom, guiding you through a class specifically designed for the ever-evolving journey through pregnancy, to the birth of your child. No prior yoga experience necessary.

Yin/Yang Yoga (intermediate)

This class begins with Yin Yoga, a passive form of yoga that helps move Chi through the meridian lines, and over time stretches the deeper connective tissues of the body. It then moves into a strength building practice with a focus on slow flow and alignment.

Corporate yoga and Mindfulness classes

Yoga and mindfulness practices are great for lowering stress levels, lowering absenteeism and increasing morale within your employees, plus encourages team building and leadership. Research has shown that the introduction of yoga practice and mindfulness in corporations has improved productivity, concentration, creativity and overall health of employees in the workforce.

Power yoga (intermediate)

Will torch calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. The dynamic mix of sweat and spirit that is cultivated in this class will challenge you to step up to your edge, and unlock your hidden potential for achieving authentic personal power and living an extraordinary life. Focus is placed on evolving our bodies, mind and connecting deeper to our spirituality.