



• ASHTANGA •  
**YOGA**  
SPACE

FOR THE LOVE OF THE PRACTICE

# 2016 TIMETABLE

## SURRY HILLS

SURRY HILLS COMMUNITY CENTRE & LIBRARY

### Traditional Ashtanga Yoga Mysore-style Classes

| SUN   | MON  | TUE                      | WED                      | THU                      | FRI                      | SAT   |
|-------|--|--------------------------|--------------------------|--------------------------|--------------------------|-------|
| TBC** | 5.45<br>to<br>8.30<br>AM<br><hr/> 10 to 11AM<br>LED CLASS* | 5.45<br>to<br>8.30<br>AM | 5.45<br>to<br>8.30<br>AM | 5.45<br>to<br>8.30<br>AM | 5.45<br>to<br>8.30<br>AM | TBC** |

**NB.** The Teacher arrives at **5.30am daily**. Doors open automatically at **5.45am**. If you wish to practice early, please arrive at **5.30am**. The Opening Chant is at **6am**. \*10am Monday Class is held during school terms & requires pre-booking. Please email for booking details and location. \*\*Enquire at the school for weekend classes. Please visit the website or facebook for Public Holiday Class times.

#### Mysore Style

All classes are in the traditional Ashtanga Mysore-style. Mysore is the traditional way of learning Ashtanga yoga, named after the city in India where Sri K. Pattabhi Jois, the guru of Ashtanga Yoga lived. The system is now transmitted by Jois' grandson, Sri Sharath Jois, at the KPJ Ashtanga Yoga Institute.

Mysore class is open to all levels, from absolute beginners. The class is not led and all instruction is given on an individual basis. As you gain strength, stamina, flexibility and focus, poses will be added on to your sequence by your teacher.

#### Led Class

A fully guided class based on the traditional Sanskrit count. Students are instructed through the Primary Series. Please refer to website, facebook or enquire at the school for class details.

#### Accessing the Building

The teacher arrives daily at 5.30am and the main doors of the Centre will be open automatically from 5.45am. The studio is located upstairs directly over the library.

#### Fees & Passes

All class passes are available online or at the studio. Please refer to the website or facebook for class prices.

#### Beginners

All beginners are invited to join our Beginner to Mysore monthly courses. These commence at the beginning of every month and practice is from 6am-7am on Mondays and Wednesdays. Please refer to the website to book.

#### SPECIAL – 1 Week Introduction Pass

New students to the school may purchase an Introduction Pass. This provides unlimited practice during your first week at the school for \$50. Class passes can be booked and paid for online.

#### Private Tuition, Pre-Natal & Yoga Therapy

Available on request. Please contact us for details.

#### Yoga Appreciation: Practice & Philosophy Study Series

Studying the method & philosophy of Ashtanga Yoga. This 4 Module Series is held annually and runs over 4 x 8 week terms. Students may join any module or attend the full program. This is not a teacher training program but an opportunity for enquiry and to deepen our understanding of yoga.

Classes commence in February. To receive a Study Guide please email Fiona at: [info@ashtangayogaspace.com.au](mailto:info@ashtangayogaspace.com.au)