

Phone: **9569 0870** Location: 108 Crystal Street Petersham
 Book online: www.yogatogo.com.au Email: info@yogatogo.com.au

Yoga To Go studio

YOGA PILATES
 WORKSHOPS
 RETREATS
 PRIVATE TUITION
 SHIATSU
 PILATES FOR
 SENIORS

T2

T2

MONDAY 15 MARCH
 until
 SUNDAY 9 MAY

Yoga
 TO GO
 studio

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**8 week courses
 Term 2, 2010**

Monday 15 March - 3 May
 Tuesday 16 March - 4 May
 Wednesday 17 March - 5 May
 Thursday 18 March - 6 May
 Friday 19 March - 7 May
 Saturday 20 March - 8 May
 Sunday 21 March - 9 May

**6 week courses
 Term 2, 2010**

Commence the week of Monday 29 April

**Yoga for Kids and Teens
 Term 2, 2010**

Kids Wednesday 28 April - 30 June
Teens Thursday 29 April - 1 July

**Term dates
 for 2010**

T3 Monday 10 May - Sunday 4 July
 T4 Monday 5 July - Sunday 29 September
 T5 Monday 30 August - Sunday 24 October
 T6 Monday 25 October - Sunday 19 December

Our Philosophy

Yoga To Go is Sydney's leading center of health and wellbeing, dedicated to the pursuit of balance and transformation. Yoga To Go classes, workshops and yoga retreats are centered on bringing about positive change within and without, for the individual as well as for the community. They are ideal for the absolute beginner, experienced practitioner and everyone in between.

Led by director Nikki Massaioli, the centre considers Iyengar Yoga to be the key discipline in establishing a deeper, stronger, more conscious sense of self. The practice of Yoga is supported and enhanced by the complementary discipline of Pilates.

Our Vision

At Yoga To Go we are committed to bringing about change for conscious living and healthy lifestyles through the teaching of Yoga and Pilates.

The passion of director Nikki Massaioli has enabled Yoga To Go to become a space for teachers and students to come together to educate, nurture and create a community where change can unfold.

At Yoga To Go we are committed to education because real empowerment comes through self knowledge, to nurturing, because we believe we need more soul in the city: and to creating community because the pursuit of consciousness and wellbeing needs people to support and celebrate it.

Who we are

We believe in an individual approach. For some people it will be the discipline and practice of Yoga and for others it will be the practice of Pilates. Whatever you choose, we offer you the commitment of our fully qualified professional teachers - all in an environment that will nurture your progress. Our teachers are deeply committed to their practice and are trained to the highest industry standards. They are at ease working with groups, individuals, or individual needs within groups and are adept and willing to work with injury and other special needs.

As the name Yoga To Go suggests, what you gain stays with you long after you've rolled up your mat and stepped back into the outside world.

Yoga To Go is not affiliated with any religion or doctrine.

...dare to be transformed

DAY	TIME	CLASS	LEVEL	DURATION
Monday	6.00 - 7.30pm	lyengar	Level 2 and 3	8 week course
	7.30 - 8.45pm	lyengar	Beginner	8 week course
Tuesday	6.15 - 7.45am	lyengar	Level 2	8 week course
	6.30 - 7.45am	lyengar	Beginner 2	8 week course
	10.00 - 11.15am	lyengar	Beginner	\$15 casual
	4.45 - 6.00pm	lyengar	Beginner	8 week course
	6.00 - 7.30pm	lyengar	Level 2	8 week course
	7.30 - 8.45pm	lyengar	Level 1	8 week course
Wednesday	6.15 - 7.45am	lyengar	Level 1	8 week course
	10.00 - 11.00am	Mums and Bubs	Open	8 week course, casual welcome
	3.45 - 4.45pm	Yoga for Kids	5 - 7 years	10 week course, casual welcome
	3.45 - 4.45pm	Yoga for Kids	8 - 11 years	10 week course, casual welcome
	5.30 - 6.30pm	Pre-Natal	Open	8 week, casual welcome
	6.00 - 7.30pm	lyengar	Level 1	8 week course
	7.30 - 8.45pm	lyengar	Beginner	8 week course
Thursday	10.00 - 11.15am	lyengar	Beginner	\$15 casual
	4.30 - 5.30pm	Yoga for Teens	12 years +	10 week course, casual welcome
	6.00 - 7.30pm	lyengar	Level 1	8 week course
	7.30 - 9.00pm	lyengar	Level 2	8 week course
Friday	6.30 - 7.45am	lyengar	Beginner	8 week course
	10.00 - 11.15am	lyengar	Beginner	\$15 casual
Saturday	8.00 - 9.15am	lyengar	Beginner 2	8 week course
	8.30 - 9.45am	lyengar	Beginner	8 week course
	9.15 - 10.15am	Pre-Natal	Open	8 week, casual welcome
	10.15 - 11.45am	lyengar	Level 1 & 2	8 week course
	3.30 - 5.00pm	lyengar	Open	\$20 casual

YOGA

T2 timetable

MONDAY 15 MARCH

until

SUNDAY 9 MAY

Yoga TO GO studio

- ▶ 2 hour Sunday workshop **11 April**
- ▶ Restorative yoga class **30 April**
- ▶ 2 hour beginners workshop **2 May**
- ▶ Kids yoga workshop **12 - 15 April**

Book online: www.yogatogo.com.au

Yoga TO GO retreats

- ▶ Urban yoga & detox week **3 - 9 May**
- ▶ Phuket, Thailand Retreat **17 - 23 April**

Book online: www.yogatogo.com.au

Yoga TO GO corporate

Can't make it to the studio, why not take us to work with you?

Visit www.yogatogo.com.au for an update on corporate workshops, classes and retreats.

PRICING INFORMATION

- ▶ All 6 Week Courses: **\$100**
- ▶ All 8 Week Courses: **\$135**
- ▶ Kids & Teen Yoga (10 weeks): **\$100** or casual **\$12**
- ▶ 10 Class Pass: **\$180***
- ▶ 8 Week Student/Concession: **\$120**
- ▶ 6 Week Student/Concession: **\$95**
- ▶ Casual Class: **\$20**
- ▶ Unlimited Pass: **\$340***
- ▶ Student Unlimited Pass: **\$300***

10% Discount for 2 or more course bookings per person.*
*Not for concession.

Full payment must be received prior to starting first class and guarantees place in course. Courses are transferable but not refundable, unless class is cancelled.

Payment options: Cash, Eftpos, Cheque, Credit Card (Visa, Mastercard).

\$2 charge for make up classes.

Please note: This schedule is subject to changes. Courses fill quickly yet some attract smaller numbers. If your course does not fill it may be cancelled or postponed. If your course is cancelled you will be refunded.

DAY	TIME	CLASS	LEVEL	DURATION
Monday	5.30 - 6.30pm	Pilates	Beginner	8 week course
	6.30 - 7.30pm	Pilates	Intermediate	8 week course
	7.30 - 8.30pm	Pilates	Beg/Int	8 week course
Tuesday	1.00 - 2.00pm	Pilates for Seniors	Beginner	6 week course
	5.30 - 6.30pm	Pilates	Beginner	8 week course
	6.30 - 7.30pm	Pilates	Beginner	8 week course
	7.30 - 8.30pm	Pilates - Circle & Band	Open	8 week course
Wednesday	10.00 - 11.00am	Pilates	Open	\$15 casual
	6.30 - 7.30pm	Pilates	Beginner	8 week course
	7.30 - 8.30pm	Pilates	Int/Adv	8 week course
Thursday	6.30 - 7.30am	Pilates	Beginner	6 week course
	6.30 - 7.30pm	Pilates	Intermediate	8 week course
	7.30 - 8.30pm	Pilates	Beginner	8 week course
Friday	10.00 - 11.00am	Pilates	Open	\$15 casual
	11.30 - 12.30pm	Pilates for Seniors	Beginner	6 week course
Saturday	10.00 - 11.00am	Pilates	Beginner	\$20 casual
Sunday	9.00 - 10.00am	Pilates	Intermediate	8 week course
	10.15 - 11.15am	Pilates	Beginner	\$20 casual

PILATES

Why practice **Iyengar Yoga**?

Yoga refers to the union of the body, mind and soul. This is done using physical postures known as asana, as well as the awareness of breath, concentration, meditation and other techniques.

Iyengar Yoga is a precise and practical form of yoga taught by its namesake B.K.S. Iyengar.

This form of yoga can be seen as a science, therapy or art. In this style of class the emphasis is on postural realignment, coordination of movement & breath, breath regulation, and allowing the mind to focus and the body to strengthen and open.

Yoga is a great way to get in shape or stay in shape, not only will you benefit from the physical postures you will soon experience positive change in many aspects of your life.

For more information on class levels and descriptions please go to www.yogatogo.com.au

Why practice **Pilates**?

Hollywood stars swear by it!!!

Dancers don't start their day with out it!!

The Pilates Method is a set of *principles* and *movements* designed to dramatically improve strength, flexibility, postural alignment and coordination. You will be taken through a series of exercises and movements focusing on your core muscles - abdomen, back and buttocks.

The results are amazing. You can expect a total change in your body. Your posture will improve, your stomach & buttocks will become leaner and your energy levels will dramatically increase.

For more information on class levels and descriptions please go to www.yogatogo.com.au