

“Yoga frees one from life’s sorrows and from diseases and fluctuations of the mind.

It gives serenity and composure, an inward unity amidst the diverse struggles of life.

It is the art of knowing oneself and knowing eternal truth. Yoga is the study of the functioning of the body, the mind and the intellect in the process of attaining freedom.”

-Geeta Iyengar,
Yoga A gem for women.

Spiritual knowledge and material knowledge- both are necessary. Pursuit of one at the cost of the other leads to downfall. Material knowledge enables one to face life’s problems, whereas spiritual knowledge helps one to realise oneself.”

Isopanishad I.Up.11.

“Action is movement with intelligence”

--BKS Iyengar



- STABILITY** The Physical Body
- VITALITY** The Energy Body
- CLARITY** The Mental Body
- WISDOM** The Intellectual Body
- BLISS** The Divine Body

-BKS Iyengar
Light on Life

*“It’s not **what** you undergo but the **way** you undergo”*

-Prashant Iyengar

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YOGA



*“Your body is the child
Of your soul,
You must nourish and train
Your child”*

-BKS Iyengar

The Yoga School, Bondi Junction
220a Oxford St (Centennial Park end)
Bondi Junction 2022

www.yogaschoolbondijunction.com.au

CLASSES are taught in the Iyengar tradition with an emphasis on understanding and learning. Students are encouraged to engage in developing their awareness and an understanding of their body, mind and breath.

Classes are small so that students receive individual attention and are able to work at their own level.

CONSISTENCY and continuity are the key to establishing and developing a yoga practice and for this reason monthly enrolment is encouraged. With regular and steady practice we change not only physically but also mentally.

ASANA promotes stability of the body, mind and breath which has a natural healing effect on our system. Asana done with care and awareness results in a body that's fluid, supple and at ease which naturally keeps us healthy and happy. General aches and pains tend to ease off and sleep is better. We learn and understand how to soften, restore and energise the system, all essential in today's busy world.

HEALTH, happiness and peace of mind are the by products of the spiritual practice of yoga.

TIMETABLE

Mon	Beg Course 6.00-7.00pm	General 7.15-8.30pm
Tue	General 6.15-8.15pm	
Wed	Beg course 6.00-7.00pm	Beg /Level 1 7.15-8.30pm
Thur	General 6.15-8.15pm	
Fri		
Sat	General 7.30-9.30am	Beg/Level 1 10-11.30am
Sun	General 7.30-9.30am	
Private/Semi Private: Times by arrangement		

Beginner course (5 weeks)

Beg/Level 1 suitable for students who are new to yoga or have done some yoga.

General Suitable for students who have some experience.

Private/semi-private (1-3 students)
These classes are suitable for anyone who finds a class situation challenging for any reason, or for experienced students who want to further their understanding. Times by arrangement.

FEES:

Intro/Beginners course \$75 (5 weeks)

Monthly enrolment:

Beg/Level 1 and General
\$70 per month (1 class a week)
\$120 per month (2 classes a week)

Monthly fees are payable in the first week of the month and stay constant irrespective of whether there are 4 or 5 weeks in a month.

Private classes: \$40 for first session and \$30 for sessions thereafter.

Semi Private: (2-3 people) \$25 per class. (sessions are 1 -1 ½ hrs)

Students who have enrolled for a month and miss a class may do a make up class. Make up classes can also be carried over for one month.

