

# The Harmony School of Yoga

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Principal: Liz Coon  
Yoga Studio: 554 High Street Road  
Mount Waverley 3149

**Beginner's Classes** consist of 10 weekly 1 hour lessons. Students are introduced to the "asanas", physical postures, which form the basis of all future work. Each class includes limbering exercises, breathing techniques and relaxation. All classes in the 10 week program should be attended to obtain the maximum benefit from the course.

**Average Classes** cover the basic 10 "asanas" and their variations, breathing and relaxation. Having completed the 10 week beginner's course, you can move confidently into an average class.

**Intermediate Classes** involve more intensive limbering and work on the "asanas". These classes are part of a sequential program allowing systematic development from average to advanced. A program to introduce more difficult exercises in easy stages.

**Advanced Classes** offer training in more advanced physical "asanas". Emphasis is placed on accuracy and precision which evolves through a deeper understanding of the purpose of yoga.

**Yoga For The Over 60's.** These classes are gentle and relaxing. The 10 basic "asanas" are introduced along with breathing, relaxation and diet to help those with arthritis, rheumatism, asthma, emphysema and varicose veins.

**Pre-natal Classes** provide the appropriate hatha "asanas" and breathing exercises, massage and relaxation.

**Private Classes** are also available. Asanas, breathing and relaxation are covered in a 1 hour session for those with a specific disability or problem. Limited times are available.

**Children's Classes** are focussed particularly on Primary School age children. Appropriate hatha "asanas" are taught, breathing exercises and relaxation.

**Teenagers' Classes** are designed especially for Secondary School students, with specific emphasis on learning to cope with the stresses of VCE preparation and study. The 10 basic "asanas" are taught, along with breathing techniques and relaxation.

**Relaxation Classes** of one hour are available for those with severe stress problems and for those who simply want to take time out from their busy world. Progressive relaxation is a wonderful experience. Enough time is allowed to release tension, free the emotions and still the mind. Best results are achieved through regular practise. The 10 week course is recommended.

**Pranayama Classes:** Pranayama is the Sanskrit name for the control of the breath. The breath of life. Prana is the vital force which we increase with every breath consciously used. This is the basis of successful concentration and meditation. It gives a sense of well being. It is an 8 week course of breathing techniques to increase vitality and improve the respiratory system and gain emotional control. Learn to breathe to release tension and to breathe more consciously also to understand and overcome asthma.

**Meditation:** An 8 week introductory course in which various techniques are explored. Guided exercises, discussions and homework.

### **Creative Visualisation:**

"Use the power of your imagination to create what you want."

A guided 8 week course combining breathing and visualisation exercises for the release of your creative potential. Step by step exercises, clearing processes, goals, affirmations, relationships, work and career, world harmony and prosperity.

**NB: I strongly recommend that Relaxation, Pranayama, Meditation or Creative Visualisation only be undertaken in conjunction with Hatha Yoga as the practise of Hatha Yoga increases the quality of the other classes.**

**Esoteric Studies:** Yogi Philosophy, Ancient Wisdom, Astrology, Numerology, Psychology, Cosmology, a study of yourself, and much more. "Understand the Universe and Know Yourself". Esoteric students must commit themselves to a minimum of one year's study, in addition to weekly Hatha classes.

## **2009 - FEES \***

All prices include GST

Intro to Yoga:	6 classes	\$130.00
Hatha Yoga:	10 classes	\$145.00
Single class::		\$18.00
Monthly pass:		\$112.00
Esoterics:	10 classes	\$155.00
Meditation:	7 classes	\$70.00
Relaxation:	7 classes	\$102.00
Pilates	10 classes	\$160.00
Private Class:	1 hour	\$60.00
Counselling:	1 hour	\$60.00

**Term fees to be paid in advance at the beginning of each 10 week term.**

Classes paid for in advance **must** be attended within 3 months of the date of payment.

**THERE ARE NO REFUNDS.**

If you miss a class please arrange with Liz to attend at another time as soon as possible.

\* Fees are reviewed annually so please make sure you have the current information.

**Consultations:** talking always helps. Appointments may be arranged to discuss matters of personal concern.

**Healing:** Appointments can be made for Psychic, Spiritual or Reiki healing. Liz and several other students are practitioners of various forms of healing and would be delighted to be of service to you. Please speak with Liz for details.

*Myofascial Therapy  
Foot Reflexology  
Remedial Massage  
Therapeutic Relaxation Massage  
Trigger Point Therapy*

**Kathie Payne**  
*is available at the yoga school  
on Fridays for appointments  
in the above therapies.*  
Ring **9803 3494**  
to make your appointment  
or call Kathie on **0414 341 957**

## General Information

### Telephone Hours

9 am - 6 pm Monday-Friday

If your phone call is answered by the answering machine, please leave a clear message with

- your name and phone number
- and the reason for your call

We will return your call as soon as possible.

### Consultations

Please ring: **9803 3494**

### WHAT HAPPENS IN A YOGA CLASS ?

Hatha Yoga classes are generally one hour long. Each class includes:

- breathing techniques (*pranayama*),
- warm-up and limbering exercises,
- ten basic Yoga postures (*asanas*)
- a period of Relaxation which may include some Creative Visualisation.

A Yoga class can be fun and enjoyable, but it is generally a quiet time of focused exercise and relaxation.

### Appropriate Clothing for Hatha Yoga

- Leggings and Leotard or comfortable tee-shirt
- Shorts or light-weight track-suit and comfortable tee-shirt.

*Your face, as well as your feet,  
will be on the carpet  
in the Yoga Room !*

***So please leave your shoes  
downstairs in the space  
provided and ensure that  
your feet are clean.***

*If you have tinea or other skin  
problems, please be considerate of  
others and wear socks.*

### REMINDERS

- Yoga is non-competitive. Remember that your body is different from that of the person on the mat next to you or the person in the book or video.
- Listen to your body. **Do NOT** over-stretch.
- Relax into the postures. **Do NOT** strain.
- Appreciate that your flexibility and strength may vary and a posture which you find easy one day may seem more difficult the next.
- Try to use abdominal breathing to help you into the postures, breathing **out** when bending forward and **in** when bending backwards.
- **ALWAYS** breathe in and out through the nostrils and never through the mouth, allowing the abdominal muscles to slightly rise up on an "in" breath and be gently drawn in towards the spine on an "out" breath.
- **ALWAYS** use warm-up exercises before attempting any posture.
- Yoga exercises should only be performed at least 3-4 hours after a main meal or 1-2 hours after a snack. Liquids can be taken at any time.
- Relax between postures either lying on your back or front, standing, or in the "pose of a child".
- Concentrate whilst performing each posture.

### Full Moon Meditations

*Each month at the time of the full moon we work through meditation to distribute to humanity the healing and uplifting cosmic forces available at this time. All around the world similar groups come together and link in meditation at the time of the full moon to channel these energies to form a network of light encircling planet Earth.*

*All students are welcome to join us in this service to humanity for 1 hour of meditation. Speak with Liz for details.*

To obtain the full benefit of Yoga, It is important that you attend regularly.

This School provides a program based on weekly classes. It is assumed that you will attend all the classes you have booked for. If you cannot attend at your regular time, please phone and arrange an alternative time for that week, as otherwise I must charge you for the class not attended.

*Liz Coon, Principal  
The Harmony School of Yoga*



**LIMITED PARKING** is available near the Yoga Studio entrance or on High Street Road.

Parking is available in the public car park on the Blackburn Road side of the building and at the rear of the building near the swimming pool & gym entrances.

*Thank you.*

Yoga Studio Entrance faces High Street Road.

### NEW STUDENTS

During your first 10 week term you are entitled to

**2 free Relaxation classes.**

Make sure you take this opportunity to experience the wonderful benefits of Yoga Nidra.

### The Yoga School Library

*We have a collection of books on yoga and related topics available for students to borrow. The lending period is two weeks and there are no fees.*

*Please speak with Liz or one of the teachers for borrowing details.*