

# The Harmony School of Yoga

ABN 31 215 170 119  
 Tel-Fax: 9803 3494  
 Email: liz.coon@harmonyoga.org  
 Website: www.harmonyoga.org  
 Office/Mail: 24 Sampson Drive, Mount Waverley 3149



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

The Yoga School will generally be open 30 minutes before the commencement of each class.

If you happen to find the door closed, and no-one appears to be around, please wait – we won't be long.

When there is a class time-tabled immediately before your class, please wait

## QUIETLY

in the waiting area upstairs.

**DO NOT WALK IN ON A CLASS THAT HAS NOT FINISHED.**

## 2010 - FEES

all prices include GST

Intro to Yoga: 6 classes \$130.00  
 Hatha Yoga: 10 classes \$145.00  
 Vinyasa Yoga 10 classes \$160.00  
 Single class: \$18.00  
 Monthly pass: \$120.00  
 Esoterics: 10 classes \$155.00  
 Meditation: 10 classes \$100.00  
 Relaxation: 10 classes \$140.00  
 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 immediately arrange with Liz to attend at another time.



**LIMITED PARKING** is available in front of 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.

## TIMETABLE

### Monday

General Hatha  
 9:30 - 10:45 am  
 (Anne)

Pilates  
 11:00 - 12:00 noon  
 (Anne)

Gentle Hatha  
 7:00 - 8:15 pm  
 (Dennis)

Esoteric Studies  
 7:30 - 9:00 pm  
 (Liz)  
 \*S.D.S

### Tuesday

⊙ General Hatha  
 9:30 - 10:45 am  
 (Liz)

Dynamic Hatha  
 6:30 - 7:45 pm  
 (Liz)

General Hatha  
 8:00 - 9:00 pm  
 (Liz)

### Wednesday

Meditation  
 6:30 - 7:15 am  
 (Liz) \*S.D.S

Advanced  
 Average Hatha  
 10:00 - 11:30 am  
 (Liz)

Pilates  
 6:30 - 7:30 pm  
 (Anne)

Prenatal Yoga  
 7:00 - 8:00 pm  
 (Helen)

General Hatha  
 7:30 - 8:30 pm  
 (Anne)

Meditation  
 7:30 - 8:30 pm  
 (Liz) \*S.D.S

### Thursday

⊙ General Hatha  
 9:30 - 10:45 am  
 (Anne)

Advanced Hatha  
 6:30 - 7:30 pm  
 (Liz)

Beginners Hatha  
 8:00 - 9:00 pm  
 (Liz)

\*S.D.S  
 Sampson Drive  
 Studio

### Friday

⊙ Beginners/  
 Average/Therapeutic  
 Hatha  
 9:30 - 10:45 am  
 (Liz)

### Sunday

**Dynamic  
 Hatha**  
*Ashtanga Style*  
 10:30 am - 12 noon  
 (Liz)  
**\$16.00 cash class**

**Vinyasa Yoga**  
 10:30 am - 12 noon  
 (Michelle)

### Saturday

General Hatha  
 9:30 - 10:45 am  
 (Helen)

*Intro To Yoga  
 Beginners  
 (Date to be  
 announced)  
 9.30 - 11.00 am  
 (Liz)*

Progressive Relaxation  
 11.00 - 12.00 noon  
 (Liz)

Training/  
 Stretching  
 2.00 - 4.00 pm  
 (Liz)

⊙ "Drop-in" classes - Casual attendance without a 'phone booking is possible at these classes.

Attendance at all other classes requires a confirmed booking with Liz Coon.

**NO FOOD, DRINK, CIGARETTES OR SHOES IN THE YOGA ROOM** *Thank You.*

## 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**

### **YOGA SHOP**

- Yoga Mats    • Carry bags
- Wooden & foam blocks    • Wedges
- Training Belts    • Bolsters
- Fitness balls
- Meditation stools    • Japa Mala beads
- Meditation Shawls
- Bach Flower Remedies
- Nutritional supplements
- CD's    • Audio Tapes    • Books
- In Essence Oils    • 9 hr Candles

### **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

### **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.*

### ***Kathie Payne***

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

*Ring **9803 3494**  
or call Kathie on **0414 341 957***

Natural Medicine for the 21<sup>st</sup> Century

Rima Syamal BHMS, MAHA, MAROH  
Homeopath  
9803 3494

### **LAZARIS LIBRARY**

A collection of Lazaris Audio tapes  
are available for students to hire for  
1 week. Speak to Liz.