

# Clarity Yoga Shala: Autumn Schedule 2018 3<sup>rd</sup> Sept 2018 to 16<sup>th</sup> Dec

MONDAY			5 Weeks Beginners Yoga Course new dates tbc	Elders Wisdom Chair Yoga 1:00pm to 2:00pm	The Great Escape 5:30pm to 7:30pm		Flow & Meditate* 7:45pm to 9:00pm
TUESDAY	Wake Up 9:45am to 11:15am				Tween Yoga* Starts 19 <sup>th</sup> Sept 4:00pm to 4:45pm	Beginners Yoga Course 6:30pm to 7:45pm 11 <sup>th</sup> Sept to 16 <sup>th</sup> Oct	
WEDNESDAY	Vinyassa Flow* 10:15am to 11:15am		New Class 11:30am to 12:45am		A Delicious Delight 5:15pm to 6:15pm	Develop A Moving Meditation 6:30pm to 7:45pm	Modern Zen* 8:00pm to 9:00pm
THURSDAY		6 Weeks Beginners Yoga Course 10:00am - 11:15pm 13 <sup>th</sup> Sept to 18 <sup>th</sup> Oct		6 Weeks Body Sculpture 1:15pm to 2:15pm 13 <sup>th</sup> Sept to 18 <sup>th</sup> October		Super Moves 6:00pm to 7:30pm	The Emerging Light* 8:00pm to 9:00pm
FRIDAY	Vinyassa Flow* 9:30am to 10:30am		Yin Yoga * 11:00am to noon			A Yogis Rite of Passage: Meditations 6:30pm to 7:45pm	
SATURDAY	The Great Escape 9:15am to 10:45am		Wheels of Energy 11:15am to 12:15pm	Beginners Intensive 3:30pm to 4:45pm 15 <sup>th</sup> Sept to 20 <sup>th</sup> Oct			
SUNDAY	Scheduled Workshops, Day Retreats & Forums ... see <a href="http://www.clarity.yoga">www.clarity.yoga</a> for detail						

\*Term Time Classes – No classes 27<sup>th</sup> October to 4<sup>th</sup> November inclusive. Please check online booking schedule to confirm classes and to book online

Colour Code	Class Descriptions
Short Courses	Courses are between 4 and 6 weeks, designed to offer deeper insites into holistic treatments and yoga.
All Welcome	Dru Yoga - a gentle class bringing the qualities of nature into the mind and body Wheels of Energy – use big opening yoga postures to create circles of energy in your mind and body Modern Zen – a stress busting class for the body and mind. The Emerging Light – a class for people wanting to develop their practice A Delicious Delight – a rather yummy restorative yoga class with music, candles, cushions and mantra
6 Months Practice or revisiting the practice after a short break	Vinyassa Flow - an wonderful flow between exotic yoga postures Ashtanga Moves – building techniques to incorporate strength and flexibility
12 Months Practice	The Great Escape - a strong, focused self practice based on Ashtanta Yoga Primary Series Wake Up - a dynamic, guided class based on Ashtanga Yoga Primary Series Super Moves – a fusion of the Ashtanga Yoga Primary Series & Second Series for a deeper experience
A Yogis Rite of Passage	Full Moon & New Moon Rituals: Mantra, Affirmation, Contemplation, Meditation, Pranayama

