

# Clarity Yoga Shala: Winter Schedule 2019 22<sup>nd</sup> Dec to 20<sup>th</sup> March 2018

MONDAY					The Great Escape 6:00pm to 7:30pm		Flow & Meditate* 7:45pm to 9:00pm
TUESDAY	Wake Up* 9:45am to 11:15am			Elders Wisdom Chair Yoga* 1:00pm to 2:00pm	Tween Yoga* TBC	Beginners 2 Yoga Course 6 wks starting Tues 8 <sup>th</sup> Jan Tues 26 <sup>th</sup> Feb 6:30pm to 7:30pm	
WEDNESDAY	Vinyassa Flow* 10:00am to 11:15am				A Delicious Delight * 5:15pm to 6:15pm	Ashtanga Moves 6:30pm to 7:45pm	Modern Zen 8:00pm to 9:00pm
THURSDAY		6 Weeks Beginners Yoga Course 10:00am - 11:15pm				Super Moves 6:00pm to 7:30pm	A Delicious Delight 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				
SUNDAY	Scheduled Workshops, Day Retreats & Forums ... see <a href="http://www.clarity.yoga">www.clarity.yoga</a> for detail						

\*Term Time Classes – No classes 18<sup>th</sup> Feb to 24<sup>th</sup> Feb 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	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 & flexibility within a moving meditation Flow & Meditate – a vinyassa flow class incorporating a guided meditation
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

