



# Balancedyoga

bring balance to your life

39 Jardine Street, Kingston

Ph: 0451 408 957

Effective 15 January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	Balanced Flow	Balanced Flow	Balanced Flow	Balanced Flow	Balanced Flow	8.00am Balanced Flow	
		12.15pm Balanced Slow Flow	9.30am Balanced Mobility	12.15pm Frontline Yoga	9.15am Balanced Flow	9.15am Balanced Extend	10.00am Balanced Flow
	4.30pm Yang/Yin			4.30pm Balanced Yang/Yin		10.30am Balanced Yin	4.00pm Yang/Yin
5.45pm	Balanced Flow	Balanced Foundations	Balanced Flow	5.45pm Balanced Flow	6.00pm Balanced Flow		5.15pm Balanced Yin/ Restorative
7.00pm	Balanced Yin	Balanced Aligned (90 minutes)	Beginners Course (enrolments only)	Balanced Soul			

[www.balancedyoga.com.au](http://www.balancedyoga.com.au)

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Class	Description
Balanced Flow	A Hatha/Vinyasa class that provides a flowing style of yoga
Balanced Slow Flow	Hatha style, slow flowing movements that will work through you're full body. Perfect for any experience level, with options and variations for every body.
Balanced Aligned	An alignment based class that moves at a steady pace incorporating clear anatomy and alignment instructions and under-pinned with tantric philosophy. Classes may include other practices such as pranayama, meditation and mantra.
Balanced Extend	A strong vinyasa class, that will challenge you, although modifications will be offered for those not looking to work as hard. More challenging or advanced poses will be offered in this class.
Balanced Foundations	A slower paced class, perfect for beginners. This class focuses on keeping it simple, spending time within poses and ensuring correct alignment. Perfect for beginners, but also great for regulars to ensure they are doing poses in the best possible way, to avoid injury and gain the greatest benefit.
Balances Soul	This class is all about resetting our souls in this hectic, fast paced world we are living. Take 60 minutes out of your week to allow your body and soul to be restored through the use of gentle flowing movements, pranyama (breathing) techniques, restorative and or yin yoga and meditation.
Balanced Mobility	This slow flowing class is combined with gentle stretching movements and breath practices to soothe the body, mind and the soul. Frontline Personnel (Police, Fire fighters, Paramedics, Defence Force members past and present, Medical professionals (including Doctors, nurses, medical staff), Mental health professionals (counsellors, Psychiatrists, Psychologists), RFS volunteers, SES volunteers) can attend this class for free
Balanced Yin/Restorative	A gentle class that provides rejuvenation for the mind, body and spirit.
Balanced Yang/Yin	A combination of our Balanced Flow and Balanced Yin classes. THE perfect class!
Balanced Yin	A gentle, magical restorative class, needed by everyone to gently stretch our muscles and connective tissues and relax our minds
Frontline Yoga	For those who have to be 'on' all day for their occupation, we provide Yoga to help you switch off at the end of a shift. Classes are free for Police, Fire fighters, Paramedics, Defence Force members past and present, Medical professionals (including Doctors, nurses, medical staff), Mental health professionals (counsellors, Psychiatrists, Psychologists), RFS volunteers, SES volunteers, Supporters of our Frontline guardians (spouses, family, friends and colleagues)
Course	Description
Beginners Yoga	This course is for absolute beginners. Over 8 weeks you will learn the main yoga poses and how to safely perform them and their benefits. You will also be introduced to yoga philosophy and breathing to prepare you to feel confident in undertaking any of our classes.