

Yoga in Alice Springs Term 1, 2012

Yoga Venue: 47 Coolibah Crescent New Eastside, Alice Springs (unless otherwise marked.)

Kids' Yoga

Fantastic for building kids' coordination, concentration, relaxation and self-confidence.

Quiet Kids on Mondays

Pre School (3-5 yrs) 3.30pm-4.15pm
Feb 6, 13, 20, 27

Transition (5-6 yrs) 4.30pm-5.15pm
Feb 6, 13, 20, 27

High Energy Kids on Wednesdays

Pre School (3-5 yrs) 3.30pm-4.15pm
February 8, 15, 22, 29

Transition (5-6 yrs) 4.30pm-5.15pm
February 8, 15, 22, 29

Older Kids on Thursdays

7 - 9 year olds 3.30pm-4.15pm
February 2, 9, 16, 23

10 - 12 year olds 4.30pm-5.15pm
February 2, 9, 16, 23

Costs: 4 class term \$40

Bookings essential – min: 4, max: 8 per class. Casual attendance only by negotiation.

Mothers' and Babies' Yoga

Join us to practice yoga, relaxation, breathing, stretching and community. All parents with babies under 12 months are welcome. This supportive class is designed to assist you in having some time for yourself while the babies are present. This unique class is much more relaxing than can be imagined; babies are not required to be quiet, and we work around it.

Wednesdays 9.30am-11am

February 8, 15, 22, 29 March 7, 14, 21, 28

Costs: 8 class term \$112;

casual attendance \$16 per class

Yoga in the Satyananda Style

Classes include asana (postures) pranayama (breathing) relaxation and meditation.

Thursdays 5.45pm-7.15pm (new time)

February 2, 9, 16, 23 March 1, 8, 15, 22, 29

Costs: 9 class term \$126

Casual attendance: \$16 per class

Concession: \$12 per class, \$100 term.

Alternative Satyananda classes in Alice Springs:

Liz/Dharmamaya 8952 8653

Mahadevananda 8952 7272

Yoga in the Dru Style

Dru Yoga assists the practitioner in being more heart centred. Simultaneously dynamic and gentle, asanas are put together so as to induce a sense of calmness & vigour. Classes include postures, breathing, relaxation & fun.

Wednesdays 5.45pm-7.15pm

February 1, 8, 15, 22, 29 March 7, 14, 21, 28

Saturdays 9.30am-11.00am

Feb 4, 11, 18, 25 March 3, 10, 17, 24, 31

Costs: 9 class term \$126

Casual attendance \$16 per class

Concession: \$12 per class, \$100 term.

Mantra or Bhajan Chanting

Mondays weekly 7am-7.30am

47 Coolibah Crescent, \$3 donation

Havan (fire purification ceremony)

Fridays, 5.30pm to 6.30pm, \$3 donation

17 Feb, 20 April - 47 Coolibah Crescent

16 March – Unit 4, 1a Mill St, Alice Springs

Kirtan (devotional chanting & singing)

Sundays weekly 5.00pm – 6.00pm

Satyam Kutir, Crispe Street, Alice Springs

[Link to Yoga in Alice on Facebook](#)

