



A path with the power of awareness and kindness ...
for living mindfully, at peace with self, others and all life.

Yoga for
the mature
years!



Meditation
for a
lifetime!



Yoga & Mindfulness

Enjoy a small group (6-8) in Mt Pleasant

- * **Yoga**, a classical practice of movement, breath, meditation, relaxation, a dash of philosophy & poetry.
- * **Mindfulness**, clear, heart-warming, practical guidance for practice as well as living wisely & joyfully.

2019 Classes & Retreats: Mindful Yoga, Mindful Living (Updated 7.7.19)

Mon	Tues	Wed	Thurs	Fri	Sat
<i>Please call before coming along to your first session</i>	7am Hatha Yoga & Meditation 5wk Intro		7am Vinyasa Yoga & Meditation 5wk Intro	<i>Bring: Towel, Yoga mat Water</i>	7.30am (O'door) 8.00am Winter Vinyasa Yoga Go with the Flow
10.15am Gentle Hatha Yoga Basics & Beyond	Hatha, a slow paced practice focusing on yoga breathing & postures to stretch, strengthen, calm. Vinyasa, a flowing practice, gentle or dynamic in harmony with the breath.			10.15am Gentle Vinyasa Yoga Basics & Beyond	2-4pm Mindful Living 8wk Program (10 Aug, 12 Oct)
5.45pm Vinyasa Yoga Evening Flow	4pm Vinyasa Yoga Slow Flow	5.45pm Restorative Yoga rest, release, relax body, heart & mind deeply, mindfully	4pm Hatha Yoga Long Slow Deep (For all)	5.45pm-7.45pm (3rd Fri/month) Bliss * Restore, Relax, Meditate chai & bliss balls	Sun 7am – 11am Morning Retreat (1 st Sun / month) Explore Sanctuary
	5.30-7.30pm Mindful Living 8wk Program (6 Aug, 8 Oct)	7-8pm Yoga Breathing Meditation Relaxation	Mindfulness, a path of emotional resilience, values based living, wisdom, peace and happiness.		7am – 3pm Day Retreat (1 Sep, 1 Dec) Deepen Sanctuary

Yoga Details: Classes 70-75min; Places 6-8

Classes (Mon-Sat): 5 passes \$95; 10 passes \$175; Casual \$20

* **Bliss (monthly):** A sanctuary of mindfulness & deep rest \$40

Breathing, Meditation & Relaxation: (1hr) Wednesdays \$10

* Special * Sat Casual \$18	* Saving* 2-3 classes / wk 4wk Pass - \$120
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Mindfulness

Mindful Living: Cultivating life skills, mindful relationships, a wise mind, a content & happy heart.
(8wks) (8 places) Incl manual & 2 x 1hr group mentoring sessions \$350.

Retreats: A sanctuary of gentle yoga practices & inspiration for daily living on & off the mat.
(6 places) **Morning:** \$85 incl shared breakfast; **Day Retreat:** \$165 incl shared lunch (Vegan)

Locations: Benson Ave, Mt Pleasant (Parking: curbside & driveway)
Saturday - City, Riverside deck, walk R from Blue Water Lagoon car park.

ENQUIRIES & BOOKINGS

Judith Grieve

Dip Teh, PG Dip & MA Experiential & Creative Arts Therapy, Yoga Teach (Mem: MIECAT, PACFA)

* Counselling * Psychotherapy * Creative Arts Therapy

* Meditation * Yoga * Shiatsu * Workshops

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