

Dassanayaka Yoga

TRANSCEND YOUR
LIMITATIONS AND ATTAIN
ULTIMATE HEALTH
FOR THE BODY, MIND
& SPIRIT -
CHANNA DASSANAYAKA

Yoga Guided Meditation

MEDITATION AND QIGONG CLASSES CONDUCTED BY
HIS EMINENCE THE 18TH GONTUG RINPOCHE

Pre Natal Yoga

Mother & Child Yoga

Seniors Yoga

Yoga for the Special Child

(Down Syndrome / Autism / Learning Disabilities)

Reiki Healing

Massage also available

58 Bastings Street Northcote VIC 3070
(03) 9410 9201

\$25.00
Starter Session -
unlimited access
to the Yoga Room
for 7 days!

www.d-yoga.org

Dassanayaka Yoga



Please enter through the
house door.
Enjoy a cup of herbal tea
or take a mat to unwind
before the class.

Timetable commencing 1st December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30am Integral Yoga - bookings only		6.30am Integral Yoga - bookings only		8.00am Integral Yoga	
					9.30am Pregnancy Yoga*	9.30am Integral Yoga
10.00am Beginners Yoga	10.00am Beginners Yoga	10.00am Beginners Yoga	10.00am Beginners Yoga	10.00am Beginners Yoga		11.00am Integral Yoga
11.00am Yoga for Seniors	3.00pm Mother & Child Yoga*				3.00pm Beginners Yoga	
12.00pm Pregnancy Yoga*	6.30pm Beginners Yoga	6.30pm Beginners Yoga	6.30pm Integral Yoga	6.30pm Guided Meditation **		5.30pm Meditation Qigong with Rinpoche **
6.30pm Beginners Yoga		7.30pm Power Yoga	7.30pm Guided Meditation **			
7.30pm Integral Yoga						

Beginners Yoga	An introductory class for people who are new to yoga and who may not be flexible	
Integral Yoga	Yoga/Meditation classes a step up from beginners	
Meditation	A guided journey within yourself	
Private	Individualised private Yoga/Meditation classes. Specific attention to personal limitations and goals	
Yoga for Seniors	Gentle yoga for health and well-being (concession price applies)	
Members	Prepaid 20 classes, valid 15 weeks from purchase	\$340.00
	Prepaid 10 classes, valid 10 weeks from purchase	\$180.00
Casual	Per Group Class	\$20.00
Casual	Students /	\$17.00
Concession	Unemployed	
Private	Per Class	\$70.00
	Pack of Ten	\$600.00

Yoga classes vary between 60-90 minutes.

Private classes are available Monday to Friday. Phone: (03) 9410 9201

More information is available on our website: www.d-yoga.org

*Denotes classes not included in members package

**Entry by donation (min \$5)