



# MIND, BODY HEALTH, PROGRAMS

May there be peace within us, may there be peace amongst us, may there be peace on earth and throughout all creation. Om shanti, shanti, shanti

**CHECK OUT**  
[synergyyogapilates.com.au](http://synergyyogapilates.com.au) for  
 WORKSHOPS AND WORLD RETREATS  
 CORPORATE YOGA/ONE on ONE SESSIONS AND ASSESSMENTS  
 YOGA TEACHER TRAINING

2 Keen Ave Glenelg East SA 5045  
 ☎ 0403 164 952  
 ✉ [synergyyogapilates@gmail.com](mailto:synergyyogapilates@gmail.com)  
 🌐 [synergyyogapilates.com.au](http://synergyyogapilates.com.au)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00 am				Rise & flow (1/2) Warm Room		Sculpt Pilates Flow (1/2) 8:30 - 9.15am
9:30 - 10:30am	Yin to Yang Warm room (1/2)	Energise Flow (1/2)	Sculpt Pilates flow (1/2)	Yoga Therapy (1)		Energise Flow (1/2) 9:30 - 10.30am
10:30 - 11:30am			Balance (1/2)			
6:15 - 7:15pm	Yoga Therapy (1)	Mindful YIN (1/2)	Yoga Therapy (1)	Sculpt Pilates Flow (1/2) 6:15 - 7:00pm (45min)		
7:15 - 8:15pm				Workshops see website	Workshops see website	
7:30 - 8:30pm	Balance (2)	DETOX Hot Room (1/2)	Ongoing Beginners Balance (1)			

**Note | \* Varied Times Listed In Highlighted Boxes**

**BOOKINGS ARE ESSENTIAL TO GUARANTEE YOUR PLACE.**

This is a residence be mindful of neighbors and noise when leaving.  
 Please ensure when waiting outside studio that you are mindful of noise if a class is in progress - thank you.  
 PLEASE NOTE TT SUBJECT TO CHANGE \*\*  
 We are closed on all Public Holidays. Please adhere to cancellation terms. Timetable is subject to change - please check the website and FB for any updates.  
 Enquire about health rebates \*\*

**KEY**

1 Beginners/Recovery/ Pregnancy/Therapeutic  
 2 Progressing/advanced  
 1/2 All levels  
 Heated room - Warm 24°C  
 Hot to 28°C



# CLASS DESCRIPTOR

## YOGA THERAPY (level 1)

A therapeutic and restorative class, great for beginners/Pregnancy or those wishing to increase flexibility of mind and body, mobility, reduce stress and engage in relaxation and meditation. Focus is on mindful practice, mind body connection through breath, mindful based practices, guided meditation. This class includes practices such as Yin/ Restorative Yoga Practice, Roll and Release/ Yoga Therapies. Come and be pampered, this is your retreat.

## MINDFUL YIN (level 1/2)

Everything we do in life requires 'Balance'. This delicious practice is all about letting go of issues in our tissues. This class leaves you feeling nourished, balanced, focused, centered and grounded. Yin poses are held for longer, they provide release for connective tissues and 3-5 minutes, they are grounding and restorative, challenging your body and mind to find clarity and equanimity. This class will assist those wishing to develop a deeper understanding of mindfulness and meditation and stillness.

## BALANCE (level 1 | level 2 | level 1/2)

A wonderful balanced class, focus is on strength and alignment, fusion of traditional Yoga styles, building strength, flexibility, balance, alignment for your individual body and developing an understanding of movement/mindfulness of the body. Working with the Whole Body. This class provides movement through vinyasa, standing, seated postures that soothe the soul. Please read the Key on the front. Monday evenings are classes for those progressing. Wednesday evening is suitable for beginners and all levels.

## YING/YANG (level 1/2)

Practicing in a warm room, heated to around 24 degrees, this allows the body to start off warm and maintain elasticity throughout the practice. A balancing and mindful practice that focuses on Yin Grounding poses that are typically held for longer then building to Yang style flow poses that are strengthening and uplifting. A magnificent blend of stretch and release and Strength this covers all bases. To combine both grounding and energising movement, breath and mindfulness you will feel amazing after this unique class.

## DETOX FLOW (level 1/2)

Is a combination of Core yoga/pilates/Barre—using blended fusion of all these amazing modalities. A fun and energetic workout that will have your Tummies and butts humming along to the beat of some groovy tunes. Performed in a heated room up to 28 degrees. This is high energy and High impact Be prepared to MOVE. High Intensity

## ENERGISE Flow (this is your Vinyasa) (level 1/2)

A traditional and ancient practice based on 'Ashtanga principles' includes sun salutations (Surya Namaskarya A/B/C) seated postures/backbends/standing/strengthening/inversions a wonderful work out to primal beats, designed to provide strength, tone, enhance 'feel good endorphins' flexibility and breath work. UPLIFTING. High intensity

## SCULPT (Pilates flow) (level 1/2)

Not your typical Pilates mat class. Be prepared to have some FUN with this one! WE like to mix it up with some Funky tunes, create a high energy vibe so you are having FUN on the mat whilst building strength and stability through core and mind,. Good for strengthening pelvis/spinal/lumbar and abdominal muscles, classes include use of various props such as weights, bands, rollers and balls as well as conditioning and HIIT, high impact interval training. Lets get this party started. FUN & FIT

## RISE AND FLOW (Get up and Go) (level 1/2)

Let's start the day right. From Yin stretches to Yang/Vinyasa flow with some down right vibin beats.. you will be skipping to work feeling fresh, alive and in touch with body and mind this is a yin to yang practice. All bases covered. Joyful and Heartfelt

## YOGA FOR PREGNANCY AND POST NATAL

We love to share yoga with our pregnant mums. We don't have a "pre-Natal" class as studies and research shows that mums to be should be moving all the way through their pregnancy as long as there are no contraindications. We recommend having a chat with us so we can ensure you join the best classes for your overall health and wellbeing and of course for that of your baby .

## FAMILY & KIDS YOGA

We encourage mums or dads to bring their kids along to our classes. Feel free to sign up your little one from the age of 8. They can share a 10 session pass with you ! Call us for more details and best classes to join in. Bookings online are recommended to ensure your child has a mat.

## AYURVEDA, YOGA THERAPY AND LIFESTYLE ASSESSMENTS

During a consultation we work with you to discover what your Dosha imbalances may be evident and design a unique and practical program for you to take home and apply in your everyday life. Focus is on lifestyle, nutrition and over all constitution which forms and influence our physical body as well as our minds. One on one sessions are also available with Monique for those wanting to explore their range of motion, technique and yoga asana (posture and poses)

## COSTS

PRICING as at September 2017	Price
Introductory Offer (valid 8 consecutive days) valid for all first time attendee's only	\$25.00
Casual Session	\$20.00
10 x visits Pass (valid for 12 weeks) 1/2 visits per week	\$140.00
1* month Unlimited membership - 2 or more visits per week	\$130.00
Direct Debit \$30 per week x 12 minimum payments direct debit - 2 or more visits per week (best value)	\$30 per week
Workshops – See pricing online	
Individual program design and One on One sessions/Pre and Post Natal	\$80 per hour
Ayurvedic Consultation & Yoga Therapy Program Design & assessment (120 mins)	\$120 /\$70 follow up

Bookings online/Purchase online/cash/card in studio