

# Term 4 2017

Term Dates—Mon 9 October—Thurs 14 December 2017

Yoga Workshop—Saturday 28 October 2-5pm

Melb Cup Weekend—Mon 6 & Tues 7 November—no sessions

## Yoga

Harmony of body and mind. Increase your stamina, focus & calm. Our dynamic Yoga focuses on balanced postural alignment. It is ideal for everyone developing technique. Relaxation brings contentment, replenishes energy and boosts health & wellbeing.

## Pilates

Flexibility & torso tone. Support your lower back with core strength. Pilates focuses your mind on how your body moves, developing a strong and stable torso to support the spine. Loosen the spine, flatten the belly and find freedom of movement in your shoulders and hips.

## Genius Wellbeing

was established in 1991, as Lazenby Yoga & Pilates. Murray has taught Yoga 31 years, Pilates 18 years. Gillian has taught Yoga for 23 years, Pilates 18 years. With 14 talented instructors, we also teach at 30 sessions/week at Yarra Leisure & Melbourne Uni Sport.

### Yoga 1 hr

x 5 \$55  
x 10 \$110  
Casual \$12

### Yoga 1.5 hr

x 5 \$95  
x 10 \$185  
x 20 \$345  
Casual \$20

### Eltham High 1 hr

\$15, 10 week term \$125

### Pilates 1 hr

x 5 \$85  
x 10 \$160  
Casual \$18



x 5 valid 3 months  
x 10 valid 6 months  
x 20 valid 9 months  
Student conc & trial offers—see website

**Eltham Judge Book Village** 'St Vincent's Care'

Gate 1, 43 Diamond St. Metzner Hall. Melway 21 J4

**Eltham North Primary** After care room

Cnr Wattletree & Short Rd. Melway 21 K1

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**geniuswellbeing.com.au**

# Term 4 Yoga & Pilates

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## Eltham Judge Book St Vincent's Care Metzner Hall

MON	9.30–11am	Yoga 1&2	Gillian
	11am–12	Yogalates	Gillian
TUES	6–7pm	Yoga 1	Gillian
	7–8pm	Pilates	Gillian
THURS	9.15–10.15am	Pilates	Gillian
	10.15–11.45am	Yoga 1&2	Gillian
SAT	28th Oct 2-5pm	Yoga Workshop	Gillian

## Eltham North Primary After care room

MON	6.30–8pm	Yoga 2 Experienced Murray	
TUES	7.30–8.30pm	Yoga 1&2	Murray
WED	6.30–7.30pm	Yoga 1&2	Murray
	8–9pm	Pilates	Murray

## Eltham High School Library break out area

WED	4.45-5.45pm	Yoga	Gillian
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\* Please check website for timetable updates.



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