

Term 4 Yoga & Pilates

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

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. Develop flexibility & torso tone. 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 per week at Yarra Leisure & Melbourne Uni Sport.

Pilates 1 hr

x5 \$85 (\$17 ea)
x10 \$160 (\$16 ea)
Casual \$18

Yoga 1 hr

x5 \$65 (\$13 ea)
x10 \$120 (\$12 ea)
Casual \$14

Yoga 1.25 hr

x5 \$75 (\$15 ea)
x10 \$140 (\$14 ea)
Casual \$16

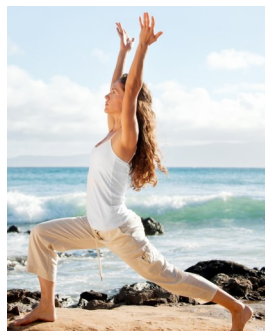
Yoga 1.5 hr

x5 \$95 (\$19 ea)
x10 \$185 (\$18.50 ea)
x20 \$345 (\$17.25 ea)
Casual \$20

Yoga Workshops \$35

Yoga Intensives \$45

Student conc, trial offers on website



Judge Book Village 'St Vincent's Care'
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geniuswellbeing.com.au

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Term 4 finishes Thurs 13 Dec 2018 + pre-xmas sessions
Yoga Intensive—Saturday 10 Nov 2.30pm

Eltham Judge Book—Metzner Hall

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|-------|-------------------|---------------------------|---------|-----------|
| MON | 9.30am | 1.5 hr | Gillian | Yoga 1&2 |
| | 11.10am | 1 hr | Gillian | Yogalates |
| | 6.30pm | 1.5 hr | Murray | Yoga 2 |
| TUES | 6pm | 1 hr | Gillian | Yoga 1 |
| | 7pm | 1 hr | Gillian | Pilates |
| WED | 6.30pm | 1 hr | Murray | Yoga 1&2 |
| | 8 pm | 1 hr | Murray | Pilates |
| THURS | 9.15am | 1 hr | Gillian | Pilates |
| | 10.30am | 1.5 hr | Gillian | Yoga 1&2 |
| SAT | New! 3rd—24th Nov | | | |
| SAT | 9.30am | 1 hr | Suze | Yoga 1 |
| SAT | 2pm/2.30pm | Yoga Workshop / Intensive | | |

* Timetable may change—Please check website for updates.



geniuswellbeing.com.au