

# Term 1 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 32 years, Pilates 19 years. Gillian has taught Yoga for 24 years, Pilates 19 years. With 14 talented instructors, we also teach at 32 sessions per week at Yarra Leisure & Melbourne Uni Sport.



### Pilates / Yogalates 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 1.5 hr

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

Student conc, trial offers on website

# Term 1 Yoga & Pilates



Term 1 Mon 29 Jan—Sat 6 April 2019  
Sunday 6.30pm 2 hr Yoga Special: 3 Feb, 3 March, 31 March  
Monday 6.30pm cancelled on: 4 Feb, 4 March, 1 April

## Eltham Judge Book—Metzner Hall

<b>MON</b>	<b>9.30am</b>	<b>1.5 hr</b>	<b>Gillian</b>	<b>Yoga 1&amp;2</b>
	<b>11.15am</b>	<b>1 hr</b>	<b>Gillian</b>	<b>Yogalates</b>
	<b>6.30pm</b>	<b>1.5 hr</b>	<b>Murray</b>	<b>Yoga 2</b>
	except- no session on first Monday / month			
<b>TUES</b>	<b>6pm</b>	<b>1 hr</b>	<b>Gillian</b>	<b>Yoga 1</b>
	<b>7pm</b>	<b>1 hr</b>	<b>Gillian</b>	<b>Pilates</b>
<b>WED</b>	<b>6.30pm</b>	<b>1 hr</b>	<b>Murray</b>	<b>Yoga 1&amp;2</b>
	<b>8 pm</b>	<b>1 hr</b>	<b>Murray</b>	<b>Pilates</b>
<b>THURS</b>	<b>9.15am</b>	<b>1 hr</b>	<b>Gillian</b>	<b>Pilates</b>
	<b>10.30am</b>	<b>1.5 hr</b>	<b>Gillian</b>	<b>Yoga 1&amp;2</b>
<b>SAT</b>	<b>9.30am</b>	<b>1 hr</b>	<b>Suze</b>	<b>Yoga 1</b>
<b>SUN</b>	<b>6.30pm</b>	<b>2 hr Yoga—monthly with Murray</b>	replacement for cancelled Monday 6.30pm (first Monday/month)	

\* Timetable may change—Please check website for updates.

Judge Book Village St Vincent's Care  
Metzner Hall—enter Gate 1 at 43 Diamond St Eltham

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