



HARVEST YOGA

Balance and Harmony

Studio Address 76 McCracken Street Kensington
 Behind Christ Church, upstairs, next door to Primary School, entrance to the left of the Church through the garden. (Mel Ref 42 K2).
 Mailing Address PO Box 37 Flemington Victoria 3031
 M 0431 163 130 T 9376 3773 E rick@harvestyoga.com.au www.harvestyoga.com.au

TERM 1 2012 Monday 6 February – Monday 2 April – **8 weeks**

TIMETABLE

MONDAY	9.45am 6pm 7.30pm	MIDMORNING <i>open</i> GENERAL BEGINNERS**	Sally Michele Bridie	<i>*new*</i> <i>*course*</i>
TUESDAY	6.30am 11am 6pm 7.15pm	EARLY MORNING YOGA <i>open</i> YOGA FOR CHILDREN - 3-5s BEGINNERS** YOGA & MEDITATION	Rick Laura Renee Rick	 <i>*new*</i> <i>*course*</i>
WEDNESDAY	11am 4.30pm 6pm 7.30pm	YOGA FOR OVER 50s <i>open</i> YOGA FOR CHILDREN – 5-9s PRE NATAL# GENERAL	Gina Laura Katie Rick	<i>*new*</i> <i>*new*</i> <i>*new*</i> <i>*new*</i>
THURSDAY	6.30am 6pm 7.15pm	EARLY MORNING YOGA <i>open</i> ASHTANGA YOGA BASICS YOGA & MEDITATION <i>open</i>	Rick Victoria Alison	 <i>*new*</i> <i>*new*</i>
FRIDAY	9.45am	MIDMORNING <i>open</i>	Samantha	<i>*new*</i>
SATURDAY	8am 9.30am	GENERAL BEGINNERS / GENERAL <i>open</i>	Rick Renee	
SUNDAY	10am	YOGA & MEDITATION <i>open</i>	Rick/Alison/Samantha+	

TERM 1 (short term of 8 weeks) \$136 (\$128 early bird).Conc. \$128 (\$120 early bird).

CASUAL \$20 / \$17 Conc.

+SUNDAY YOGA & MEDITATION - 2 hour classes.

10 class pass (10 classes to be used within 14 weeks) \$200 / \$190 Conc. 5 class pass (5 classes to be used within 7 weeks) \$105 / \$100 Conc.

Casual attendance \$25 / \$22 Conc.

Conditions apply – please enquire or see website. This class runs continuously and does not follow terms as most other classes do.

#PRE NATAL Various options for attendance available. Please enquire for details, costs and conditions or check website,

YOGA FOR CHILDREN - TERM 1 - 6 weeks \$84.

Tuesdays 11am - 14 February-20 March. Wednesdays 4.30pm – 15 February-21 March.

MULTIPLE CLASS ATTENDANCE. For any students wishing to attend more than one class a week, the following discounts are offered:

8 week term - 1st class \$136; 2nd class \$70; 3rd class \$60 (no further concessions or early bird discount).

SPECIAL INTRODUCTORY OFFER

NEW STUDENTS For \$30 attend as many classes as you like over a 14 day period (subject to availability).

3 SPECIAL OFFERS – DISCOUNTED CLASSES

FOR JUST \$11 a class – that is \$180 for the TERM - attend 2 classes a week

2 EARLY MORNING YOGA CLASSES - Students attend both 6.30am classes each week (Tuesdays & Thursdays) OR

2 MID-MORNING OPEN CLASSES - Students attend both 9.45am classes each week (Mondays & Fridays) OR

ANY 2 OF THE 5 MIDWEEK DAYTIME CLASSES (4 classes listed above and Wednesday 11am class).



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****BEGINNERS COURSES - 8 weeks.** These courses do not follow the same terms as most other classes.

New Beginners Courses start every few weeks or so. Course starting dates Monday 6/2 & Tuesday 28/2. Please enquire or check website for further starting dates.

TERMS/CONDITIONS

BOOKINGS ESSENTIAL CLASS SIZES LIMITED. Classes fill quickly; payment secures your place. Bookings confirmed on receipt of payment.

EARLY BIRD discount applies to payments made in full by Monday 23 January 2012 or 1 week before your Beginners course starts.

CLASS DURATIONS

BEGINNERS CLASSES & EARLY MORNING YOGA, ASHTANGA YOGA BASICS, YOGA FOR OVER 50s - 1 hour

PRE NATAL & GENERAL LEVEL CLASSES 1 ¼ hours, TUESDAY & THURSDAY YOGA & MEDITATION - 1 ½ hours

SUNDAY YOGA & MEDITATION - 2 hours

FULL PAYMENT REQUIRED BY YOUR FIRST CLASS OF TERM (unless prior arrangements have been made).

OPEN level classes - please note that classes marked as OPEN are available for beginners to attend.

REVISED MAKEUP CLASS POLICY

If you miss a class you can make it up at any time during the same term, to a maximum of **ONE** in any term. (Exception -5 & 10 class passes / Pre Natal.)

NB students will need to check on class availability.

CLASSES NON TRANSFERABLE. NO REFUNDS

CONCESSIONS available for pensioners/unemployed/full-time students.

CASUAL ATTENDANCE available when classes are not fully booked, for OPEN classes and Sunday YOGA/MEDITATION

METHODS OF PAYMENT

Payment can be made by cash, cheque (cheques payable to Rick Harvest), postal order or funds transfer (see below for options for payments and bank details).

Financial difficulties? Illness or injury? Please speak with us before it becomes an issue.

Class timetable and teachers may need to change from time to time - Harvest Yoga reserves the right to make these changes when necessary.

For all class booking and further information contact Harvest Yoga. E rick@harvestyoga.com.au M 0431 163 130 T 9376 3773

PAYMENT OPTIONS AND BANK DETAILS

PLEASE NOTE: WE DO NOT HAVE CREDIT CARD OR EFTPOS FACILITY

Ways of making payments for classes at HARVEST YOGA

Cheque (cheque made payable to Rick Harvest)

Postal Order

Cash

or Funds Transfer

If FUNDS TRANSFERS is your preference for making payment

Please insert your name into transfer memo

AND

please let us know via RETURN email:

- ✓ ***date of payment***
- ✓ ***amount paid***
- ✓ ***receipt number***
- ✓ ***what exactly you are booking***

Your assistance in this is greatly appreciated.

ACCOUNT DETAILS

RICK HARVEST

Credit Union Australia

BSB 814-282

account no 10169185