



HARVEST YOGA
Balance and Harmony

2012 SUMMER HOLIDAY PROGRAM

The morning wind spreads its fresh smell.

*We must get up and take that in,
that wind that lets us live.*

Breathe, before it's gone

RUMI

2 EARLY MORNING INTENSIVES

➤ **LET GO OF 2011 and PREPARE FOR 2012**

Wednesday 28 December 2011 through to New Year's Eve, Saturday 31 December
4 mornings 7am-8.30am

The focus will be on letting go of 2011 and preparing for the fresh new year ahead.

COST: \$100 (\$95 early bird) / Concession \$95 (\$90 early bird)

EARLY BIRD applies if payment received by Friday 16 December

see below for options for payment & bank details

➤ **NEW YEAR EARLY MORNING INTENSIVE**

Tuesday 3 January 2012 - Saturday 7 January 2012

5 mornings 6.30am-7.45am

COST: \$100 (\$95 early bird) / Concession \$95 (\$90 early bird)

EARLY BIRD applies if payment received by Friday 16 December

see below for options for payment & bank details



HARVEST YOGA

Balance and Harmony

2012 SUMMER HOLIDAY PROGRAM

Monday 9 January - Saturday 4 February (TERM 1 2012 begins Monday 6 February)

MONDAYS	6.30pm	GENERAL LEVEL	Micky or Renee
WEDNESDAYS	6.30pm	PRE NATAL	Katie
THURSDAYS	6.30pm	ASHTANGA YOGA BASICS	Victoria
<i>NB no class Australia Day Thursday 26 January</i>			
SATURDAYS	9am	GENERAL LEVEL	Sally or Gina

There will be many changes to the timetable in 2012:

- ❖ *new classes*
- ❖ *classes changing times & days*
- ❖ *new teachers*

The holiday program will give you an opportunity to experience some of the new teachers - Michele, Katie, Victoria & Sally

Casual \$20 / \$17 concession

3 classes \$51 / \$48 concession

4 classes \$68 / \$64 concession

8 classes \$136 / \$128 concession

UNLIMITED CLASSES over the 4 weeks \$160 / \$150 concession

Please note - classes cannot be extended into Term 1 and must be used within the period of holiday program.

see below for options for payment & bank details

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

Postal Address PO Box 37 Flemington Vic 3031

Studio Address Upstairs behind Christ Church 76 McCracken Street Kensington Vic 3031

M 0431 163 130 T 9376 3773 E rick@harvestyoga.com.au www.harvestyoga.com.au ABN 48 902 304 552