

Hatha Yoga

Yoga focuses and calms the mind. It develops strength and flexibility. Relaxation brings peace, tranquility and replenishes energy.



We teach a dynamic style of Hatha Yoga. Precise instructions emphasise balanced postural alignment, a unique use of yoga equipment allows everyone to practise to their full capacity, stillness in each posture allows the body to stabilise and the mind to reflect. It is ideal for beginners developing technique.

Develop strength, suppleness, increase your stamina, develop grace and balance.

Mat Pilates

Pilates is a modern approach to mind body exercise where the focus is as much about the process as about results. It's about focusing the mind on how your body moves, developing a strong and stable torso to support the spine.



Most exercises are done lying down, on the back, front and side. Some exercises articulate the spine, some focus on flattening the belly and others free the shoulder and hip joints and tone the upper limbs.

Enhance flexibility & develop torso muscle tone to support the lower back with core strength.

PLEASE NOTE

If you have a current or chronic back, neck or joint injury, these classes are not suitable for you.

During pregnancy, Yoga is recommended, but these group Mat Pilates sessions are not suitable.

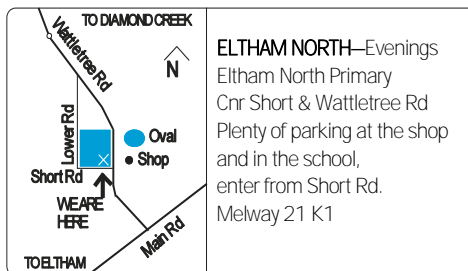
Wear unrestrictive clothing for freedom of movement; loose pants, leggings, socks (Pilates) or bare feet (Yoga).

Allow 2 hours between a meal and Yoga or Pilates. A light snack 1.5 hours before is OK.

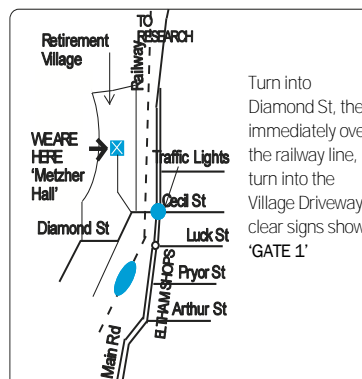
Make-ups If you miss a session of your course, you can do a 'make-up' at another session time, at any of the venues. Make-ups expire at the end of term.

All equipment is provided. You are welcome to bring your own mat if you prefer.

No sessions on public holidays

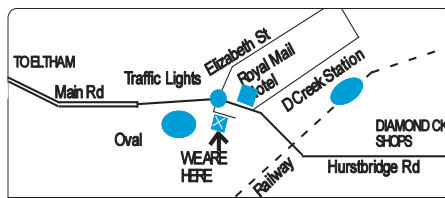


ELTHAM NORTH—Evenings
Eltham North Primary
Cnr Short & Wattletree Rd
Plenty of parking at the shop
and in the school,
enter from Short Rd.
Melway 21 K1



Turn into
Diamond St, then
immediately over
the railway line,
turn into the
Village Driveway,
clear signs show
'GATE 1'

ELTHAM—Monday morning
Metzher Hall, CityMission Village
(formerly Judge Book Retirement Village)
Gate 1, 43 Diamond St
lots of parking at the door. Melway 21 J4



DIAMOND CREEK—Wed & Thurs morning
Diamond Creek Community Centre & YMCA
Cnr Elizabeth St & Main Rd
Creche all sessions, ph YMCA 9438 5299
lots of parking at the door. Melway 12 A8



Visit us at geniuswellbeing.com.au for
Yoga teacher training, Props for sale,
Individual sessions, Workplace & Schools

Term 1 2010

Yoga & Pilates

Mon 1 Feb— Fri 26 March

New! Thurs 6.15pm Yoga

10.30am Pilates is moving
to Tues on 16 Feb



GeniusWellbeing

Eltham & Diamond Creek

mail@geniuswellbeing.com.au

9444 0700

www.geniuswellbeing.com.au

Yoga & Pilates Registration

Term 1 2010. Or book online @ geniuswellbeing.com.au



Name		
Phone		
Email		
Address		
Medical Conditions		
Your Selected Course/s		
Day	Time	\$
Day	Time	\$
<input type="checkbox"/>	\$20 discount for 2 courses / week	\$
<input type="checkbox"/>	10 session Card	\$
<input type="checkbox"/>	Yoga Holiday sessions	\$
<input type="checkbox"/>	Pilates Holiday sessions	\$
<input type="checkbox"/>	\$30 deposit	\$
<input type="checkbox"/>	Full payment of	\$
Payment Options		
<input type="checkbox"/>	Cash	<input type="checkbox"/>
<input type="checkbox"/>	Cheque	
<input type="checkbox"/>	Online with PayPal @ www.geniuswellbeing.com.au	
<input type="checkbox"/>	Internet Banking—Acct details @ geniuswellbeing.com.au	
<input type="checkbox"/>	Visa	<input type="checkbox"/>
<input type="checkbox"/>	Mastercard	Expiry Date
Name on Card		
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
Agreement		
I agree that I do not have any ailments which prevent me from doing a Pilates or Yoga class and I do this class at my own risk. If I do have any current problems, I have attached written permission from my medical practitioner, and I am able to attend a Pilates floor or Yoga class at any level without any risk to myself. I agree not to hold Genius Wellbeing, or their agents, responsible for any problems that may arise from my attendance.		
signed	date	

Email mail@geniuswellbeing.com.au

Mail (post only) 54 Hillcrest Rd Eltham Nth 3095

Phone 9444 0700 Mobile 0425 860 170

Please make cheques payable to Genius Wellbeing. Thank you

Mon 1 Feb — Fri 26 March

Labour Day Holiday:

No sessions Mon 8 March

Pilates 1 hour Yoga 1.5 hour



Eltham			
CityMission Village (Judge Book)			
Mon	9.30 am	Yoga	Gillian
Diamond Creek Community Centre & YMCA			
Crèche is available at all sessions Ph 9438 5299			
Tues	10.30am	Pilates Intro / 1	Gillian
Starts 16th Feb			
Wed	10.30am	Pilates Intro / 1	Gillian
3rd & 10th Feb only			
Thurs	9.30am	Pilates 1&2	Gillian
	10.30am	Yoga (1.25 hrs)	Gillian

New time

New day!

Eltham North Primary			
All sessions in After Care Room, except Music Room as shown			
Mon	6.15pm	Yoga	Murray
	7.15pm	Pilates 1 (Music Rm)	Gillian
	8.15pm	Pilates 2	Gillian
Tues	7pm	Yoga	Murray
	7.30pm	Pilates 1&2 (Music Rm)	Gillian
Wed	6.30pm	Pilates 2	Murray
	7.30pm	Pilates Intro	Murray
Thurs	6.15pm	Yoga	Kelly
	7.45pm	Pilates 1&2	Gillian
Fri	7pm	Yoga	Murray /Gillian

NEW!

Summer Holidays ~ Eltham Nth

Monday 4th & 11th Jan	6.30pm Yoga 8pm Pilates
Thursday 21th & 28th Jan	6.30pm Yoga
Yoga ~ Casual \$17 or use your 10 Card Pilates ~ Casual \$15 /add to Term 1	

Pilates ~ Intro

Wed 7.30pm Eltham Nth	3—24 Feb 3—24 March	4 wk Course \$70
Tues 10.30am Diamond Creek	Casual \$15	10 sessions \$135

Pilates ~ Experienced

Mon Eltham Nth	7 week Course	\$102 (\$14.50 / week)
Tues—Thurs Eltham Nth	8 week Course	\$116 (\$14.50 / week)
Thurs 9.30am Diamond Creek	Casual \$15	10 sessions \$135



Yoga ~ Casuals

Eltham, Eltham Nth 1.5 hr	Casual \$17	10 sessions \$145
Diamond Creek 1.25 hr	Casual \$15	10 sessions \$135

Pilates Levels

Intro—Ideal start for beginners

Pilates 1—Follows on from Intro Course

Pilates 1+2—Continue expanding your program

Pilates 2—Dynamic routines for greater strength