



Thank you for your interest in the Moving into Meditation Class on Mondays at 7.15pm – 8.30pm at the Wellness Space at Health Point Phillip.

Adopting a **regular mindfulness program** is an investment in your mental and physical wellbeing. On top of that, I am sure you will just love having the time for yourself!

Please print off and bring along your enrolment form.

To get the most out of your Yoga practice, **it is important to give it priority by clearing a space in your diary ahead of time.**

Investment

Term 1 \$170 8 classes or \$25 casual

\$160 for concession card holders (includes Pensioner Concession Card, Low Income CC, Health CC, Ex Carer Allowance HCC, Commonwealth Seniors HC)

This term payment is **valid for the term, after which time it expires.**

You have 4 classes to choose from during the week, so it is easy to get to a class regularly. If you can only attend half a term for medical reasons or travel, then please apply via email for a reduced term rate.

Casual attendance is not encouraged unless requested for special circumstances

Fees are due on the first week of term or on your first class to secure your mat space.

Cash payments can be paid after a class or simply do a bank transfer 2 days before.

INTERNET BANK TRANSFER DETAILS

Account Name: Kendra Boone

BSB 923100 Account No. 31620858

If class does not proceed due to low number of enrolments, then a full refund will be given.

Today many health funds encourage a preventative approach to good health, encouraging their members to be proactive. Yoga is one such approach. You may also be interested to know that I am a Level 2 Yoga Australia member, the peak body for Yoga teaching in Australia. Fortunately this means that you may be able to claim a health insurance rebate from your Health Fund for attending Yoga classes. The following health funds have the green light approval; AHM, Aust Unity, BUPA, CBHS, Grand United and some others are following soon.

For further info visit www.yogaaustralia.org.au or call your health insurance provider.

Parking and Entrance

Canberra Health Point is located at 16 Wilbow St Phillip. Parking is available on Wilbow St, or Easty St or Guardia Place after 5.30 or alternatively parking is free in the long day car park opposite Health Point. The Wellness Space is near the lift on level 2.

Yoga Etiquette

- Mobile phones are not tolerated unless necessary. Upon entry, please remove your shoes and place all your belongings in the storage room.
- Do not eat a large meal within 2 hours before a class. Bananas or yoghurt are a great pre-snack to keep your energy up. Bring along a water bottle to rehydrate.
- During menstruation, especially the first 3 days when energy is low, it is important to listen to your bodies needs and inform me prior.
- Wear loose comfortable clothing. Thin layers are best as you can add or subtract them during the class. Avoid wearing jeans.
- Please bring a yoga mat and I do suggest you find your own meditation stool or cushion (we will work this out as we go). Blankets, bolsters, belts and eye pillows are provided. Sometimes we sit or lie on these, and use them for meditation. Visit <http://www.kendrahealingarts.com/resources> or Lets Be Natural in Mawson. Also www.loveearth.com.au for eco yoga mats made from jute and natural rubber. If you are uncomfortable sitting cross legged, then you can use a chair provided. Try to avoid petrochemicals such as PVC PER and TPE which tend to be in the bright coloured cheap mats. Please do not dispose of old yoga mats, reuse wherever possible ie. Dog mats, bath toys, rug stabilizers, furniture foot pads, mouse pads etc.
- Please remove all jewelry and avoid wearing perfume, and using hairspray. As you progress in Yoga your sensory awareness, particularly your sense of smell is enhanced. Some participants may also have allergies.
- If you cannot attend a class, please advise me via a text or quick call.

Please take note of the following;

- All yoga postures are optional and you have the freedom to do any posture that feels best for you. You are the expert of your own body!
- Perfection of a posture is not the goal in Yoga. Focus on what you can do not what you can't.
- Moving into and out of Asanas (postures) are just as important as the asana itself.
- Communicate to Kendra whenever you are uncertain... quite often emotions can bubble to the surface for no apparent reason and you may not be the only one experiencing it! Go to a restorative posture, relax, let the emotion surface then let it go.
- Always work following the principle of 'Ahimsa' non-violence and a connection to the whole.
- It is common when commencing a healing practice like Yoga to experience some slight discomfort and unease for 24 hours after the class as your lymphatic system can begin waste removal. Please communicate this with me.
- As you begin to open and move the body, it is natural for the body to want to release its tensions. Experience and trauma can get locked in the bodies, and the wholeness of yoga supports these natural releases. This can be in the form of shaking, crying, coughing etc. Simply support these releases by coming into child pose or a

safe posture. This has happened to most of us at some point. You are not alone! A new found freedom will follow.

- Be patient and kind to yourself as you learn these new skills.
- Don' t be afraid to bring along extra pillows and props to support your intuitive adjustments.
- Practicing everyday makes all the difference.
- This class is suitable for everyone.

A beginning is always a time of experimentation so try to cultivate an open mind. I am quite confident that you will find what you are looking for, because Yoga can meet so many different needs.

If you have any further questions, please feel free to call for a chat.

Om Shanti (universal peace)

Kendra