



Est. 2005

## Adults

Mondays	10am- Gentle Hatha (BCL) 6pm- Bosom Buddies (winmalee)
Tuesdays	5pm- Pregnancy Yoga (BPS) 6pm- Foundations Course (BPS)
Thursdays	6pm- General Yoga (BPS)
Saturdays	8:15am- Integrated Yoga (BPS)

Childcare available if booked one week in advance (low cost)

## Pregnancy Yoga

Tuesdays 5pm (BPS)  
2nd trimester and beyond

### Private Tuition and group requests available

If you have a group of 4 people I can come to you at a suitable time for a private class.

COST- \$17 casual or 11 visits \$150

For bookings and enquires please contact Tracey on

0419 292 420 or [yogaembrace@bigpond.com](mailto:yogaembrace@bigpond.com)

### Timetable amendments for Term 1 - 2012

Sat 11th Feb- no class

Sat 18th Feb - 7am class (replacing 8:15am class)

Sat 25th Feb- 7am class (replacing 8:15am class)



## Class descriptions

**General Yoga**- for those who have previously done Yoga or those that practice frequently. Suitable during pregnancy if previously experienced.

**Foundations Yoga**- Ideal for beginners or those wanting to refine their practice. A weekly group focusing on alignment and benefits of 3 main postures per week. Suitable during pregnancy.

**Gentle Yoga**- suitable for beginners, pregnancy or those with injuries or illness. A restorative practice.

**Pregnancy Yoga**- A specific class for those that have passed their first trimester. Runs over 5 weeks (during school term) with the focus being on preparation for the birth and the recovery phase.

Each week we learn tools (postures, breathing & pelvic floor exercises) to prepare us for the labour and the weeks that follow the birth.

**Integrated Yoga**- A more dynamic classes involving different styles of yoga.

(This class involves inversions and arm balances).



### What to Bring

Yoga Mat

Towel or Blanket

Water

Any Yoga props you might like to use

### Locations

Blaxland Community Library (BCL)  
Meeting Room A, Hope St, Blaxland.

Blaxland Public School Hall (BPS)  
Great Western Highway Blaxland.  
(Enter via Baden Pl lights and park in bus bay)



Timetable Updates at



[www.yogaembrace.com.au](http://www.yogaembrace.com.au)