

MERRI YOGA

with Richard Liddicut

January – March 2020

An integral and creative approach to the practices of **Asana** (posture), **Pranayama** (breath), **Pratyahara** (relaxation) and **Dhyana** (meditation).

Students will practise yoga stretches, postures and movement, sound, breathing, relaxation and sitting.

Partner work also forms a part of the classes.

CLASS TIME: Thursdays 6.30pm to 8.00pm—General
(Beginners & Intermediate).

VENUE: General Purpose Room, Merri Creek Primary School
Miller Street, North Fitzroy
— entry from Ida Street through the school yard

COMMENCING 30TH JANUARY, 2020

COST: For 9 week term: \$117 / \$90 conc. (health/pension card holders)
Single classes: \$17 / \$13 conc.

THE TEACHER:

- 1973-1985 received extensive yoga teacher training under the late Dorotea Mangiamele, founder of Mangala Studios of Yoga and Creative Dance.
- has taught yoga since 1975.
- is a full member of the International Yoga Teachers Association (I.Y.T.A).
- through his practice of Japanese ink painting and calligraphy brings an artistic and creative dimension to the postures, concentration and flow of energy in the yoga classes.

WEBSITES: www.beholdart.com.au www.beholdart.ntpages.com.au

TELEPHONE: 9387 1236

MONDAY EVENING CLASSES

Richard is also teaching a 6.00pm Beginners to Intermediate class and a 7.45pm Intermediate class at the Maribyrnong Community Centre. Please note these classes are run by the centre. Anyone interested should ring 9032 4305.

REQUIREMENTS FOR THE CLASSES:

- Comfortable and loose clothing
- BYO blanket and firm cushion
- Do not eat a full meal 4 hours before the class
- Mobile phones must be turned off

Special Note:

These classes are not competitive

Being sensitive to one’s own limitations and to those of one’s partner/s assumes a high priority.

BOOKING SECTION:

If you are interested in attending the Merri Yoga Classes, this completed form should be sent to RICHARD LIDDICUT C/- email: adrian@mdmcopycentre.com.au by 28th January 2020. Places in the course are limited and will be given to those enrolled and paid first.

**PAYMENT MAY BE MADE BY CASH OR ELECTRONIC FUNDS.
SEE BELOW FOR BANK DETAILS.
Richard’s ABN: 54 515 587 936**

Please read this brochure carefully and note relevant details (telephone no., addresses) before returning.

PLEASE DO NOT DETACH.

Name:
(given name) (surname)

Phone: (h) (mob)

Email:

Health/Concession/Pension Card Number:Expiry Date:

PAYMENT AMOUNT:

Circle method of payment: Cash or Electronic Funds Transfer

Details:

Bank details for E.F.T.

Bank Name: Bank Australia Bank Address: 222 High Street, Kew VIC 3101
BSB: 313140 Account Name: Richard Liddicut Account Number: 1923 3273

Receipt will be supplied upon request.