

MERRI YOGA

with Richard Liddicut

October - December 2019

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 10TH OCTOBER, 2019

COST: For 10 week term: \$130 / \$100 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 8th October 2019. 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.