

# MERRI YOGA

with Richard Liddicut

January – March 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** 31<sup>ST</sup> JANUARY, 2019

**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.

**WEBSITE:** [www.beholdart.ntpages.com.au](http://www.beholdart.ntpages.com.au) [www.beholdart.com.au](http://www.beholdart.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](mailto:adrian@mdmcopycentre.com.au) by 29<sup>th</sup> January 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.