

# MERRI YOGA

with Richard Liddicut

Term 2

APRIL - JUNE 2026

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.

**NEW CLASS TIME:** WEDNESDAYS 4.15pm to 5.45pm

**LEVEL:** GENERAL – at least 1 term (8-10 classes) of yoga experience with Richard or elsewhere is necessary.

**VENUE:** Rose Room, Green Monday Studios, 73 Grattan Street, Carlton

**COMMENCING** WEDNESDAY, 22<sup>nd</sup> APRIL, 2026

**COST:** For 10 week term: \$160 / \$120 conc. (health/pension card holders)

Payments can be made in two lots: \$80 / \$60 conc. for 22nd April - 20th May (5 weeks), and \$80 / \$60 conc. for 27th May - 24th June (5 weeks). See enrolment section for payment details.

Casual classes arrangeable. \$20 / \$16 conc. per class.

**Enquiries: 03 9387 1236**

email: [info@beholdart.com.au](mailto:info@beholdart.com.au)


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## MONDAY EVENING CLASSES

Hatha yoga: 6.00pm Beginners to Intermediate Class, 7.30pm Intermediate Class at the Maribyrnong Community Centre, Randall Street, Maribyrnong. These Monday evening classes Richard has taught continuously since the beginning of 1989. Please note these classes are run by the centre.

Refer to Info And Enrollments under [HATHA YOGA IN MARIBYRNONG](#) on the Behold Art website.

**THE TEACHER:**

- 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.
- has taught yoga since 1975.
- 1973-1985 received extensive yoga teacher training under the late Dorotea Mangiamele, founder of Mangala Studios of Yoga and Creative Dance.
- is a senior/level 3 teacher with 

**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:**

You may enrol online or by returning this completed enrolment form to info@beholdart.com.au and pay by EFT payment into the bank account listed below by Thursday 16th of April 2026 (for the 1st 5 weeks, or full 10 weeks), and 21st May (for the 2nd 5 weeks).

**PLEASE CONTACT RICHARD ASAP IF EFT IS NOT POSSIBLE.**  
**Richard’s ABN: 54 515 587 936**

**PLEASE DO NOT DETACH.**

Name: .....  
(given name) (surname)

Phone: (h) ..... (mob) .....

Email: .....

Health/Concession/Pension Card Number:.....Expiry Date:.....

Tick to enroll in WHOLE TERM   
OR FIRST 5 WEEKS   
OR SECOND 5 WEEKS

**PAYMENT AMOUNT:** .....  
Payment to be made by 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.