

MERRI YOGA

with Richard Liddicut

Term 4

OCTOBER - DECEMBER

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, 7th OCTOBER - 16th DECEMBER, 2026

COST: For 11 week term: \$176 / \$132 conc. (health/pension card holders)

Payments can be made in two lots: \$96 / \$72 conc. for 7th October - 11th November (6 weeks), and \$80 / \$60 conc. for 18th November - 16th December (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

www.beholdart.com.au •  @ behold_art_melbourne

MONDAY EVENING CLASSES

Hatha yoga -- level general: 6.30pm - 8:00pm

Beginners and intermediates are welcome into this general level hatha yoga 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, or see www.maribyrnong.vic.gov.au/Events/Hatha-yoga

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 1974.
- 1973-1985 received extensive yoga teacher training under the late Dorotea Mangiamale, 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 Friday 2nd of October 2026 (for the 1st 6 weeks, or full 11 weeks), and 13th November (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 6 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.