

MERRI YOGA

with Richard Liddicut

April - June 2021

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: WEDNESDAYS 5.45pm to 7.00pm — General
(Beginners & Intermediate).

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

COMMENCING WEDNESDAY, 21 APRIL, 2021

COST: For 10 week term: \$140 / \$108 conc. (health/pension card holders)

*A \$70 / \$54 first payment holds your place for the term.
The remainder is to be paid between 21 and 25 June.*

COVID COMPLIANCE

The rules and the recommendations appearing below are compliant at the time of printing. Please keep informed of any changes to the regulations before attending the classes.

- Observe at the downstairs entrance the appropriate restroom for Rose Room participants.
- Masks are not necessary in the building, however masks must be carried at all times.
- Students must bring their own mats and yoga props.
- Feel free to bring your own washable floor covering (sheet, rug, blanket, etc.) measuring 1.8 – 2.5m

EMAIL: c/- adrian@mdmcopycentre.com.au

TELEPHONE: 9387 1236

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 full member of the International Yoga Teachers Association (I.Y.T.A).

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 Term 2, 2021, this completed form should be sent to RICHARD LIDDICUT C/- email: adrian@mdmcopycentre.com.au and first payment transferred by 19 April 2021.

PAYMENT SHOULD BE MADE BY ELECTRONIC FUNDS TRANSFER. PLEASE CONTACT RICHARD ASAP IF EFT IS NOT POSSIBLE. SEE BELOW FOR BANK DETAILS. 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:

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.