

Central Coast School of Yoga

EST 1991



“With Yoga there is precise and careful attention to physical alignment, effort, balance, correct integration with the breath and direct mental observation”

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Most mornings and evenings we like to offer a choice of classes.
 Level 1 – For an easier practice.
 Level 2 or 3 – For a more dynamic practice – Suitable for people in good physical health.



Yoga Therapy:

If you have a particular injury or health problem we advise to take out a Therapy Package.

If you are a new student to yoga we can show you specific exercises tailored to your individual needs. This will not only help your injury or problem heal, but give you a better understanding of how to work with it, so in a general class situation you will have more of an understanding of what to do.

• 1 Private lesson	\$80	\$65 concession
• 3 Private lessons	\$165	\$150 concession
• 5 Private lessons	\$225	\$200 concession
• 1 Private lesson + 5 week course	\$120	\$100 concession 25% off
• 2 Private lessons + 5 week course	\$160	\$130 concession 33% off
• Yearly Membership – 1 class per week for ten 5 week courses	\$650	\$500 concession
• Unlimited Yearly Membership	\$1250	\$900 concession

Hints for Practice and Classes:

Missed Classes: If you miss a class, you can make it up with one of the other classes, you just have to do so within the 5 weeks of that course.

Missed classes cannot be carried onto the next course. Your payment and commitment to the classes you have enrolled in are non-refundable and nontransferable to another person.

If you are sick or ill: Rest is usually the best thing to do. This way you are less likely to pass it onto others, and we all thank you very much for that.

If you miss a significant amount of the course because of illness, please see your teacher, to find out about making it up in another course.

Public Holidays: We are open on all public holidays except for Christmas, Boxing and New years Day.

Eating: For best results wait 2 to 3 hours after a heavy meal. ½ to 1 hour after a light meal.

If you are pregnant, have an injury or health related problem please talk to the teacher (preferably before class).

Drinking Fluids: Before or after is fine, but not advised during your Yoga practice. Please leave drink bottles with your belongings as we prefer not to have bottles in the room.

Casual classes: Casual classes are only offered to those people residing outside of the Central Coast, who are on holidays or just visiting for the day. BUT – if you are already enrolled in a current Yoga course, and feel like doing an extra class here or there, you are welcome to come and do a casual class.



Recovery from pain and long standing injury:

It isn't always fast and simple, and it takes time and work on your behalf. This is why we say "patient & persistent practice" give the greatest short and long term benefits.

Remember that if you've had the problem for a few months or years, then it may take time to change the mechanical action, the strength, flexibility and movement of that area.

It is often not just muscular. There is a tie in with the nervous system, circulatory, glandular, hormonal, respiratory systems and their connection to that part of the body. This is why Yoga is a whole body workout.

For some parts to open up, other parts around it may need to strengthen, or loosen up also, and this integration can often take time as each section of the body forms a better relationship with the parts around it so a better overall balance of strength and flexibility prevails.

If you haven't exercised or moved that part of the body properly for a while, the body can become like clay that has been left out to dry and harden.

In the beginning you may feel frustrated by your body's refusal to immediately comply with your demands. It is easy then to see the body as the enemy or to feel that it has somehow betrayed you – or you it.

Gently moistening and kneading the clay brings back its pliancy, and in the same way the body will respond to the gentle kneading oscillations of the breath and the gradual and warming and loosening of hardened muscles and tired joints.



Class and Level Description:

How do I know which level is best suited to me?

Level 1:

Is especially good for those who haven't stretched or exercised for a while, or those who are carrying injuries or health problems and need to know how to work with them.

You will be working with simple, steady exercises to bring better mobility and strength into your body and help free it of tension and injuries.

This provides a safe, solid way to work the body and receive the benefits of yoga whilst learning how to use the arms, legs and spine correctly, so that the next stage of yoga comes easier and with more understanding.

Even some of the simple exercises can be challenging and demanding for some people especially if working with or affecting an injured or weak area.

Most people that do yoga encounters this – it is a part of the process and the way you respond to this is important in your development and progress in yoga.

What can be difficult for one person and easy for another can vary from posture to posture.

Confront your limitations and if you work with them patiently and persistently, you will see they will diminish.

If you are fairly healthy and exercise regularly you might be best to do one level 1 course, learning some of the basic exercises, the breathing, etc and then move onto level 2 so that you are working to an intensity to suit your level.

Level 2:

For people that after one or a few level 1 courses feel they would like a stronger practice. If this is the case move up to level 2.

For each different course we will teach different exercises and techniques, so new learning will always take place.

For example, in one course we will be spending more time on twisting postures, or forward bending postures, or shoulder openers or resting postures, and with each course we rotate this around so over a period of courses you cover all of the different movements in detail.

Level 2 / Level 3:

There are quite a few students in level 2 who I feel could do level 3 but seem unsure about taking the step up. If you enjoy level 2 and find it challenging enough then stay at this level.

But if you feel you have an understanding of the basic and intermediate exercises and would like to work with more of a challenge then try level 3. The work is deeper but so are the benefits.

Building up to stronger and deeper variations of the postures and working on holding them longer.

There is more work on the strengthening postures – which is great for those looking to work on their fitness tone and strength. Deeper work on the Pranayama (breathing) and Meditation.

