

# Term 4 at Centre for Movement Studies & Yoga Moves

| <b>MONDAY</b>  |  | <b>+ZOOM indicates classes are live-streamed and in studio</b> |   |                |  |
|--|--|--|---|----------------|--|
| 5 wk course, 17 Oct -14 Nov                            | <b>Yoga for Trauma Recovery +ZOOM</b>  | 11.30am – 12.30pm  | Jess  | 0411 673 212   |  |
| Bookings required                                      | <b>Individual lessons</b>  | 10am & 1pm   | Jess  | 0411 673 212   |  |
| 10 wks, 10 Oct – 12 Dec                                | <b>Yoga: Hatha for Heart &amp; Mind +ZOOM</b> Beginners welcome                        | 4pm – 5.30pm   | Claire  | 0439 529 744   |  |
| 10 wks, 10 Oct – 12 Dec                                | <b>Yoga: Hatha for Heart &amp; Mind +ZOOM</b> Open to all                              | 5.45pm – 7.15pm  | Claire  | 0439 529 744   |  |
| Contact Denise for details                             | <i>Intro to Calm Abiding Meditation</i>  | ZOOM available   | Michael<br><a href="mailto:calmabidingmed@hotmail.com">calmabidingmed@hotmail.com</a> | Contact Denise |  |
| <b>TUESDAY</b>   |  |  |   |                |  |
| 8 wks, 11 Oct – 13 Dec<br>No classes 25 Oct or 1 Nov   | <b>Feldenkrais: Wake Up Nimble +ZOOM</b> Level 2                                       | 5.30pm – 7pm   | Sara  | 0415 363 313   |  |
| 8 wks, 11 Oct – 13 Dec<br>No classes 25 Oct or 1 Nov   | <b>Feldenkrais: Building Blocks for Better Balance &amp; Walking +ZOOM</b> Open to all | 7.15pm – 8.30pm  | Sara  | 0415 363 313   |  |
| <b>WEDNESDAY</b>                                       |  |  |   |                |  |
| 10 wks, 12 Oct – 14 Dec                                | <b>Yoga: Beyond Beginners +ZOOM</b><br>Mixed level Hatha, not for absolute beginners   | 9.15am – 10.45am   | Claire  | 0439 529 744   |  |
| 10 wks, 12 Oct – 14 Dec                                | <b>Yoga: Physio-led Hatha &amp; Slow Vinyasa +ZOOM</b> Open to all                     | 4pm – 5.15pm   | Jane  | 0429 922 883   |  |
| <b>THURSDAY</b>  |  |  |   |                |  |
| 8 wks, 13 Oct – 15 Dec<br>No classes 27 Oct & 3 Nov    | <b>Feldenkrais: ZOOM ONLY Breathe Easier</b> Open to all                               | 3pm – 4.15pm   | Sara  | 0415 363 313   |  |
| 8 wks, 10 Nov – 29 Dec                                 | <b>Feldenkrais: Wake Up Nimble Level 1 Beginners Course</b>                            | 4.30pm – 6pm   | Sara  | 0415 363 313   |  |
| 4 wks, 10 Nov – 1 Dec                                  | <i>Open Meditation Practice sit +ZOOM</i>  | 7.30pm – 8.30pm  | Sara  | 0415 363 313   |  |
| <b>FRIDAY</b>  |  |  |   |                |  |
| 8 wks, 7 Oct – 16 Dec<br>No classes 21, 28 Oct & 4 Nov | <b>Feldenkrais: Wake Up Nimble +ZOOM</b> Level 2                                       | 9.15am – 10.45am   | Sara  | 0415 363 313   |  |
| 4 wks, 11 Nov - 2 Dec                                  | <i>Open Meditation Practice sit +ZOOM</i>  | 11.15am – 12.15pm  | Sara  | 0415 363 313   |  |
| Bookings required                                      | <b>Individual lessons</b>  | 1pm – 5.30pm   | Sara  | 0415 363 313   |  |
| <b>SATURDAY</b>  |  |  |   |                |  |
| 8 wks, 8 Oct – 17 Dec<br>No classes 22, 29 Oct & 5 Nov | <b>Wake Up! +ZOOM</b><br>Levels 3/4, experienced only                                  | 7.15am – 8.30am  | Sara  | 0415 363 313   |  |
| 5 wks, 15 Oct – 12 Nov                                 | <b>Yoga: Hatha &amp; Slow Vinyasa +ZOOM</b> Open to all                                | 9.15am – 10.45am   | Jane  | 0429 922 883   |  |
| 5 wks, 19 Nov – 17 Dec                                 | <b>Yoga: Saturday Morning Hatha +ZOOM</b> Open to all                                  | 9.15am – 10.45am   | Sean  | 0417 849 425   |  |
| Bookings required                                      | <b>Individual lessons</b>  | 11.15am – 1.30pm   | Sara  | 0415 363 313   |  |

## Term 4 Timetable: Monday 10 October – Saturday 17 December (mostly)

|   |   |
|---|---|
| Casual classes                              | \$27 / \$24 concession  |
| 10 class pass (normal term length)          | \$230 / \$210 concession + 1 free pass* (*Not valid for courses or WAKE UP) |
| 8 class pass (Jane & Claire's classes)      | \$200 / \$184 concession  |
| Sat 5 wk pass (Jane and Sean's Sat classes) | \$115 / \$105 concession + 1 free pass* (*Not valid for courses or WAKE UP) |
| 20 class pass                               | \$460 / \$420 concession + 1 free pass* (*Not valid for courses or WAKE UP) |

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|--|---|
| 5 class pass (Jess's 5 wk course only) | \$250 / \$175 concession  |
| 8 class pass (Sara's classes only)     | \$184 / \$168 concession + 1 free pass* (*Not valid for courses or WAKE UP) |
| 16 class pass (Sara's classes only)    | \$368 / \$336 concession + 1 free pass* (*Not valid for courses or WAKE UP) |

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55 min individual lesson with Sara \$140 per lesson **OR** book & prepay for series of 3 lessons  
(\$330 prepaid includes GST e.g. \$110 per lesson when prepaid).

ZOOM 55 min individual lesson with Sara \$90 per lesson (ZOOM only)

*Calm Abiding Meditation and Mindfulness Meditation* (the classes in non-bold italics on the timetable) with Richard, Michael and Sara are by dana (considered generosity/donation) **and are not included as part of the class card system.**

### Terms & Conditions (please read before purchasing a class card)

❖ Class charges are non-refundable. **There are no refunds or credits available due to any circumstances including COVID.** All classes are recorded, and should you miss your class *for any reason* (including COVID) and you are unable to join live with ZOOM, you will be sent a suitable recording as a replacement class. Should the recording fail, you will be sent an alternative replacement class recording.

❖ All face-to-face / in studio classes will revert to being ZOOM ONLY should COVID-19 community transmission become an issue in WA. Please make sure that you are 'ZOOM ready'. Ask your teacher should you need some help with this.

❖ Should you miss one of your regular classes, you may make it up at another class with the same teacher within the same term, unless you have purchased a 10/8-week or 20/16-week class pass which allows one free class with any other teacher on the timetable in the same term\*. **(\*Classes that require previous experience or are fully booked may be excluded e.g. WAKE UP! and Wake Up Nimble classes. Please check with the class teacher before the class you intend to make up).**

❖ Payment is due before your first class and, if applicable, your teacher will send you a link for ZOOM by email.

❖ **Concession prices do not apply to all Health Card Holders or all Seniors – they apply specifically to full time students and those receiving disability or unemployment benefits.**

❖ Please check the dates of your teacher's classes before you buy a class pass (dates are on the timetable). All class cards are to be used within, and expire at the end of, the term dates stipulated on the class timetable. No exceptions without a medical certificate.

❖ Class cards may be shared with one other family member only when that person is nominated at the time of purchase (WAKE UP! and Wake Up Nimble classes excluded).

❖ **Direct transfer payments and cash accepted. No credit cards or cheques.** For direct transfer please use your **name** as the reference and send an email to the relevant teacher for a confirmation of receipt, if required. Account names and numbers are below and on the website. **Email and bank details for the teachers are as follows:**

|                 |  |   |              |               |
|-----------------|--|---|--------------|---------------|
| Sara Elderfield | <a href="mailto:sara@yogamoves.net.au">sara@yogamoves.net.au</a>                   | Acc. name: Centre for Movement Studies  | BSB: 066 130 | No: 1036 6227 |
| Claire Schafer  | <a href="mailto:claire@findyourfeetyoga.com.au">claire@findyourfeetyoga.com.au</a> | Acc. name: VN & CH Schafer  | BSB: 306 145 | No: 1047693   |
| Jess Grunberg   | <a href="mailto:hello@zosiayoga.com">hello@zosiayoga.com</a>                       | Acc name: Zosia Yoga  | BSB: 036 051 | No: 546737    |
| Jane Leslie     | <a href="mailto:janastef320@gmail.com">janastef320@gmail.com</a>                   | Acc. name: Jane Leslie  | BSB: 063 179 | No: 1049 1385 |
| Sean McKay      | <a href="mailto:Sean.mckay@westnet.com.au">Sean.mckay@westnet.com.au</a>           | Trybooking: <a href="https://www.trybooking.com/CCVKM">https://www.trybooking.com/CCVKM</a> |              |               |

[www.yogamoves.net.au](http://www.yogamoves.net.au) & [www.centreformovementstudies.com.au](http://www.centreformovementstudies.com.au)

Studio entrance: 45 Evans Street, Shenton Park

For general enquiries phone Sara Elderfield or 0415 363 313 or email [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au)