

ABOUT DOUTTA GALLA

Doutta Galla Yoga Studio was established in 1992 by the directors Mark Gibson and Sally Russell who have a combined teaching experience of over 40 years.

The studio is dedicated to the practice, study and teaching of Iyengar Yoga. It is a welcoming space for both the beginner and experienced student.



Mark Gibson (*Senior*) *Certified Iyengar Yoga Teacher*
Sally Russell *Certified Iyengar Yoga Teacher*



WHAT IS IYENGAR YOGA

Yogacharya BKS Iyengar has developed a method of yoga instruction that places a dynamic emphasis on precision in bodily alignment, spinal extension and balance.

This along with a conscious use of breath, promotes co-ordination, strength and flexibility.

Poses are used to tune the mind to be receptive to messages the body is sending. Through the cultivation of observation and reflection we create an awareness of the whole so we may learn from and about ourselves.

www.dgyoga.com



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YOGA STUDIO

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Phone (03) 9375 2721



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Tram stop 29 Mount Alexander Road, route 59

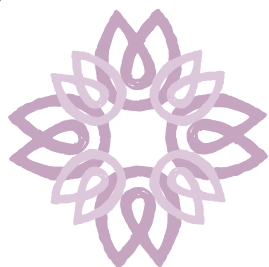
TERM DATES 2012

- TERM 1** Saturday 28 January – Thursday 5 April
TERM 2 Friday 13 April – Tuesday 3 July
TERM 3 Friday 13 July – Tuesday 25 September
TERM 4 Friday 5 October – Saturday 22 December

Beginner courses on Monday 8.15pm and Thursday 6.30pm
 Level 1 courses Tuesday 8.15pm and Thursday 8.15 pm

Terms 1 and 3 are 10 weeks
 Terms 2 and 4 are 11 weeks

Closed on Cup Day



INTENSIVES

The knowledge gained through individual classes combined with focus provided by a week long immersion refines and advances your practice.

Summer Intensive

Monday January 2–Friday January 6, 7–9am with Sally

Daylight Savings Intensives

Monday April 2–Friday April 6, 6.15–8am with Mark
 Monday October 1–Friday October 5, 6.15–8am with Mark

Winter Intensive

Monday July 2–Friday July 6, 6–8am with Sally

Winter Retreat in Byron Bay

Friday July 6–Tuesday July 10
 Information will be posted in the studio and on the website

Pranayama Intensive

Thursday December 27–Saturday 30, 7–8.30am with Mark

See website for further details

TIMETABLE 2012

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6.30am			L2	P	L1	LP	
8.00am							L3
10.00am	L1/2		L1/2			L1	
10.30am							L1/2
6.30pm		L1	L2	R/R	BC		
8.15pm		BC	L1C		L1C		

COURSES

BC	Beginners Course	1.5 hours
L1C	Level 1 Course	1.5 hours

CASUAL CLASSES

Casual classes 1.5 hours

B	Beginners	L3	Level 3 (2 hours)
L1	Level 1	LP	Led Practice
L2	Level 2	P	Pranayama
L1/2	Level 1 and 2	R/R	Relax & Renew

PRICES

Casual class	\$22 each
Block of 10 casual classes (To be used within 3 months)	\$200
10 week courses	\$200
11 week courses	\$220
Private Tuition	\$95/hour

CLASS INFORMATION

BEGINNERS COURSES

Introduces foundation poses in a systematic manner.

LEVEL 1

Classes for students with 6 months experience and/or who have completed 2 beginners courses.

LEVEL 1/2

For students who have 12-18 months experience.

LEVEL 2

For students with 2-3 years experience who have begun and wish to deepen their own practice. Includes inversions.

LEVEL 3

For students with 3 years or more experience.
 By agreement with Mark.

RELAX & RENEW

A supportive class of de-stressing postures aided by the use of props.

LED PRACTICE

For experienced students with established independent practice. By agreement with Mark.

PRANAYAMA

Art and technique of breathing for experienced students with established independent practice. By agreement with Mark.

PRIVATE TUITION

To refine understanding and approach to your yoga. Tailoring to personal or physical needs and therefore be able to work more effectively in class. By appointment.

COURSES provide a developmental sequence of poses for a set number of classes to assist students to develop and maintain a regular commitment to their yoga.

CASUAL classes are appropriate for those who wish to assess their yoga level, for those who find it difficult to commit to regular class times and/or experienced students.

- Wear clothes that promote freedom of movement such as singlets, shorts and footless tights. Clean hands and feet are essential.
- No heavy food for 3 hours before class.
- Inform your teacher of any physical/medical conditions (or if you are pregnant) before class and report changes regularly.