

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.

All the teachers at the studio are 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*

Paula Casciola *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



DOUTTA GALLA
YOGA STUDIO

1A Warrick Street Ascot Vale VIC 3032
Phone (03) 9375 2721

TERM DATES 2010



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Tram stop 29 Mount Alexander Road, route 59

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.

PRE-NATAL

Working with awareness as you undergo physiological and emotional changes.

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.

TEACHER TRAINING

Enquiries welcome.

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.

CLASS TIMES

BEGINNERS

Courses

Monday	pm	8.15 - 9.45	Sally
Wednesday	pm	8.15 - 9.45	Paula
Thursday	pm	6.30 - 8.00	Mark

LEVEL 1

Courses

Tuesday	pm	8.15 - 9.45	Sally
Thursday	pm	8.15 - 9.45	Mark

Casual

Monday	pm	6.30 - 8.00	Sally
Thursday	am	6.30 - 8.00	Sally
Friday	am	10.00 - 11.30	Sally

LEVEL 1/2

Casual

Tuesday	am	10.00 - 11.30	Sally
Saturday	am	10.30 - 12.00	Mark
Sunday	am	10.00 - 11.30	Sally

LEVEL 2

Course

Wednesday	pm	6.30 - 8.00	Mark
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Casual

Tuesday	am	6.30 - 8.00	Mark
Tuesday	pm	6.30 - 8.00	Sally

LEVEL 2/3

Pranayama

Wednesday	am	6.30 - 8.00	Mark
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Led Practice

Friday	am	6.30 - 8.00	Mark
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LEVEL 3

Casual

Saturday	am	8.00 - 10.00	Mark
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PRE-NATAL

Saturday	pm	2.00 - 3.30	Sally
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TERM DATES 2010

TERM 1	Casual classes Fri 29 January–Tues 30 March 9 week course Mon 1 February–Thur 1 April
TERM 2	Casual classes Fri 9 April–Tues 29 June 11 week course Mon 12 April–Thur 24 June
TERM 3	Casual classes Fri 9 July–Tues 21 September 10 week course Mon 12 July–Thur 16 September
TERM 4	Casual classes Fri 1 October–Tues 21 December 11 week course Mon 4 October–Thur 16 December
Not Open	Australia Day, Queen's Birthday and Cup Day

INTENSIVES

Summer Intensives

Mon Jan 4–Fri Jan 8, 8–11am with Mark
Mon Jan 11–Fri Jan 15, 6–8am with Sally

Daylight Savings Intensives

Mon April 5–Fri April 9, 6.15–8am with Mark
Mon Sep 27–Fri Oct 1, 6.15–8am with Mark

Winter Intensive

Mon June 28–Fri July 2, 6–8am with Sally

Winter Retreat

Friday July 2–Sunday July 4

Information will be posted in the studio and on the website

Seasonal Workshops

Sun Feb 28, Sun May 23, Sun August 15 Sun Nov 14,
2-5pm with Mark and Sally

Pranayama Intensive

Tues Dec 28–Fri Dec 31, 7–8.30am with Mark

Free Introductory Classes

1st Saturday of each term 1–2pm

See website for further details

PRICES

Casual class	\$20 each
Block of 10 casual classes (To be used within 3 months)	\$180
10 week Courses	\$180
Private Tuition	\$80/hour