
ENCOUNTER YOGA

THAI YOGA MASSAGE

Thai Yoga Massage is practiced fully clothed on comfortable floor mat. It is an ancient practice that combines assisted stretches, massage, acupressure and energy work.

Invigorating, energising whilst still relaxing the body and mind - without the effort!

It's like blissful yoga being done to your body!

60 MINUTES \$60

90 MINUTES \$80

For appointments call Anita 0422435830



PREPARING FOR CLASS

At Encounter Yoga there are mats, props and blankets available for use.

Here are few tips to make your first yoga class with Encounter Yoga more enjoyable:

- Please arrive 10 minutes prior to the session to allow time to arrange yourself and settle
- Please bring along your own mat if you have one – some mats are available if you need.
- Bring a blanket for use as a prop and for warmth during relaxation practice.
- Wear loose, comfortable clothing; no strong perfumes please.
- It is recommended that you refrain from eating for at least 2 hours prior to the session.
- Yoga is practiced barefoot – please leave your shoes at the door.
- Please remember to switch your phone off or turn to silent
- Arrive with an open mind, ready to enjoy the nourishing benefits of the practice.

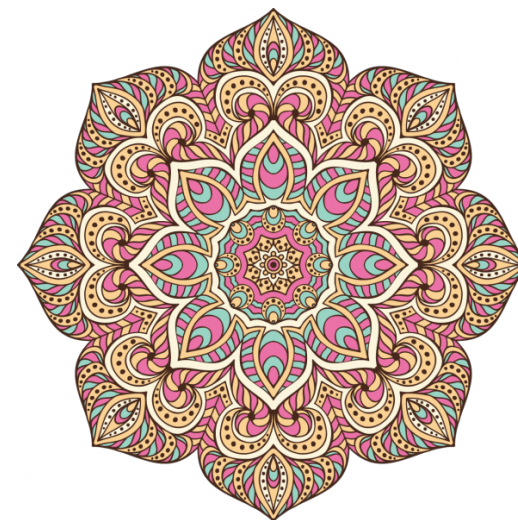
*I look forward to seeing you on the mat at
Encounter Yoga very soon*

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ENCOUNTER YOGA

YOGA CLASSES & WORKSHOPS



Encounter Yoga offers a variety of yoga classes in a boutique yoga studio, catering for intimate groups of up to 8 people.

Classes range from gentle and restorative, to flowing and vibrant - suitable for all body types, abilities, fitness levels or experience - there will be a yoga class to meet your needs.



What we offer



BREATHING SPACE BREATH AND MEDITATION

TUESDAY 6 - 7PM \$10

Pranayama (breath practices), Meditation and Mindfulness practices to bring you into awake awareness; benefitting busy minds, improving focus and concentration; releasing stress and increasing relaxation. Enabling you to live more fully in the present moment.

GENERAL YOGA CLASSES

*MONDAY 5.30 - 7 PM
TUESDAY, WEDNESDAY & THURSDAY
9.30 - 11AM
WEDNESDAY 6 - 7.30PM*

*\$15 CASUAL
\$100 PER 10 WEEK TERM
\$60 PER 5 CLASS /TERM*

Bookings essential.



GENTLE YOGA

WEDNESDAY 1.30 - 3PM

\$15 CASUAL

*\$100 PER 10 WEEK TERM
\$60 PER 5 CLASS PER TERM*

Designed with beginners in mind; or for those who have been away from the mat for a while..... or those who just want a gentler, more restful practice.

RESTORATIVE YOGA 2 - 4PM SATURDAY 24JUNE, 22 JULY & 26 AUGUST

Two hours of slow, deeply relaxing yin and restorative yoga postures using props for support and breath to nourish - allowing you to totally unwind and let go. Closing the practice with blissful Yoga Nidra (psychic sleep) for the deepest relaxation experience. Spaces limited to 5 people.



PRENATAL YOGA COURSES

(On request and limited to 5 people)



This course is designed to support you during this remarkable time of transformation - strengthening and nurturing the body and mind through yoga poses and breath practices.

You will enjoy:

- Asanas, or postures to help strengthen and tone the body
- Pranayama, or breath practices to enhance energy levels, bring mental clarity and feelings of well being.
- Guided relaxation, to deepen the intuitive process and reduce stress and anxiety.

Ideal for pregnant women who have never practiced yoga before, or for experienced yoga students who would like to adapt their practice for pregnancy.

Early pregnancy is a time of great change in your body - because of this we advise that you start the pre-natal course in the second trimester of your pregnancy.

Call Anita to find out more 0422 435 830

