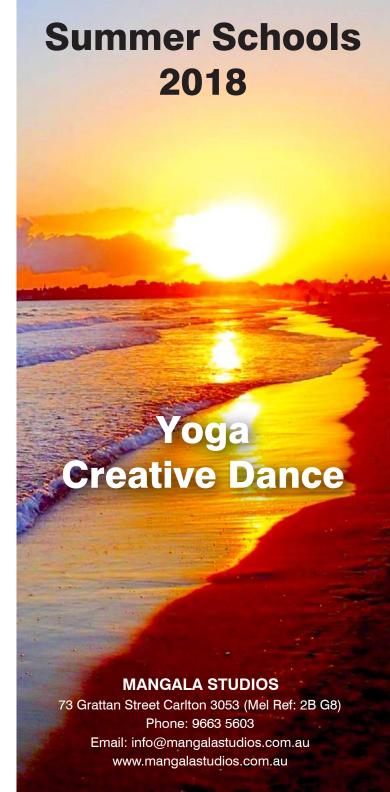
### **Adult Enrolment Form**

### ENROLMENT FORM FOR SUMMER SCHOOLS IN YOGA & CREATIVE DANCE 3 days \$120.00 (\$105 conc.) single day \$45 (\$40 conc.) 8 Please complete enrolment form and send with a deposit, or full payment. **IANUARY 2018** DANCE 5 days \$190.00 (\$160 conc.) Telephone: (H) single day \$40 (\$35 conc.) Total Cost Enclosed \$ Postcode: Address Name YOGA Email:



# A World of Yoga

## With Peter Hockey January 22 - 26 7.30-9.30am

Day 1 Saluting the sun
Sun salutations with asana mantra and breath

Day 2 Moon meditations

Moon sequences with meditations on the physical and mental well being

Day 3 Elementary
Linking the five elements to practices involving physical breath and mental

Day 4 Every breath you take
Pranayama techniques for regular practice
and special circumstances.

Day 5 The sound of happiness
Incorporating mantra and sound with physical and breathing practices for integration and spiritual awareness.

Peter will take you on a journey through the diverse world of yoga practices with the intention of strengthening and lightening the present while clearing the way and preparing for the future.

**Cost:** \$190 / \$160 conc.

Single days \$40 / \$35 conc.



#### Dance...



#### Monday Tuesday, Wednesday Jan 22-24 10.00am -12.00pm

Three days of joy, learning and immersion in the creative dance experience at the home of creative dance in Melbourne. Age and experience are no restriction.

Experience a dance intensive that highlights individual creativity and diversity through music, movement and art. These sessions are very suitable for beginning dancers as well as teachers working in related fields of creativity - e.g. dance therapy, technique, music and art.

**Cost:** \$120 / \$105 conc.

Single days \$45 / \$40 conc.