

Adult Enrolment Form

ENROLMENT FORM FOR SUMMER SCHOOLS IN YOGA & CREATIVE DANCE JANUARY 2018

Please complete enrolment form and send with a deposit, or full payment.

Name

Address

Postcode:

Telephone: (H)

(W)

Email:

YOGA

5 days \$190.00 (\$160 conc.)

DANCE 3 days \$120.00 (\$105 conc.)

single day \$40 (\$35 conc.)

single day \$45 (\$40 conc.)

Total Cost Enclosed \$

Summer Schools 2018

Yoga Creative Dance

MANGALA STUDIOS

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Email: info@mangalastudios.com.au

www.mangalastudios.com.au

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...

Creatively



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.