

MUDITA CLINIC

Timetable

Commencing Tue 29 April 2025

| | TUE | WED | THU | FRI |
|------------------|---|--|---|---|
| 10.30am- 12.00pm | Iyengar Yoga: Slow Paced Class 75 mins 10.30-11.45am | Iyengar Yoga: Open Class 90 mins 10.30am- 12.00pm | | Remedial Massage / Yoga Private 60 mins 11.00am- 12.00pm |
| 12.30-1.30pm | | | | Remedial Massage / Yoga Private 60 mins 12.30- 1.30pm |
| 1.00- 2.00pm | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins | |
| 2.30- 3.30pm | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins 2.00- 3.00pm |
| 4.00- 5.00pm | | Remedial Massage / Yoga Private 60 mins | Remedial Massage / Yoga Private 60 mins | |
| 4.30- 5.30pm | Remedial Massage / Yoga Private 60 mins | | | |
| 5.45- 7.00pm | | | Iyengar Yoga: Beginners Class 75 mins | |

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Level 1 (above Middy's) 202 Arthur Kaine Dr, Merimbula

Slow Paced Class

Tuesday 10.30-11.45am

For those recovering from injury, with stiffer bodies or physical restrictions, and anyone who wants to learn how to practice on their worst day.

Develop strength and stability, increase mobility and improve ease of movement. Practice with supports and equipment to ensure safe and beneficial alignment to build your confidence and work towards integrating body, breath and mind.

Open Class

Wednesday 10.30am-12.00pm

For people who already have the foundations of an Iyengar practice or have a strong practice in another method of yoga who would like to further explore their practice through an Iyengar Yoga lens.

Here we expand our syllabus of poses (asana), begin to link poses together using breath (malas) and, for those interested, explore inversions and backbends.

Beginners Class

Thursday 5.45-7.00pm

For those with little or no experience of yoga, and those who have experienced a different method of yoga and would like to learn about the technique-based approach of Iyengar Yoga.

Starting with the foundations you will practice a range of asana (poses) whilst learning how to use the body as a means to calm the mind.

Bookings Only: For all bookings and enquiries contact:

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