

**INTRO OFFER**  
1month \$49  
unlimited classes



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# AUSTRALIAN SCHOOL OF MEDITATION & YOGA GOLD COAST

**Meditation | Yoga | Kirtan | Wisdom | Workshops | Retreats | Food | Wellness | Dance | Music | Art | Festivals**

Pacific Square, 2532 Gold Coast Hwy, Mermaid Beach | [asmy.org.au](http://asmy.org.au) | 07 5554 5440 | [gold-coast@asmy.org.au](mailto:gold-coast@asmy.org.au)



/AustralianSchoolofMeditationandYoga



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*Timetable commencing 17th March 2024  
Public Holiday reduced timetable online  
Jump online for up to date info, teachers etc.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6:00 - 7:00 AM</b> Vinyasa Flow & Meditation Anji	<b>6:00 - 7:00 AM</b> Vinyasa Flow & Meditation Amara	<b>6:00 - 7:00 AM</b> Grounding Hatha & Meditation Darlene			
<b>7:30 - 8:30 AM</b> Vinyasa Flow Anji	<b>7:30 - 8:30 AM</b> Grounding Hatha Darlene	<b>7:30 - 8:30 AM</b> Vinyasa Flow Klaudia	<b>7:30 - 8:30 AM</b> Grounding Hatha Darlene	<b>7:30 - 8:30 AM</b> Vinyasa Flow Amara	<b>7:00 - 8:30 AM</b> Vinyasa Flow & Meditation Virginie	
<b>9:00 - 10:00 AM</b> Grounding Hatha Vrindavan dasi		<b>9:00 - 10:00 AM</b> Stretch & Relax Andrew		<b>9:00 - 10:00 AM</b> Stretch & Relax Andrew	<b>8:30 - 9:15 AM</b> Breathwork & Meditation Vrindavan dasi	<b>8:30 - 10:00 AM</b> Nourishing Yin & Meditation Darlene
<b>10:15 - 11:00 AM</b> Breathwork & Meditation Vrindavan dasi		<b>10:15 - 11:00 AM</b> Deep Peace Meditation Radha Krishna das		<b>10:15 - 11:00 AM</b> Mindfulness & Meditation Andrew	<b>9:30 - 10:30 AM</b> Grounding Hatha Vrindavan dasi	<b>10:15 - 11:15 AM</b> Community Yoga Supervised Teacher Trainees
		<b>11:30 - 12:00 PM</b> Learn Instruments for Kirtan Nathan				
		<b>12:15 - 1:00 PM</b> Community Yoga Nathan				
		<b>1:00 - 2:00 PM</b> Kirtan Circle Nathan				
	<b>4:00 - 5:00 PM</b> Stretch & Relax Vrindavan dasi	<b>4:00 - 5:00 PM</b> Grounding Hatha Carolyn	<b>4:00 - 5:00 PM</b> Stretch & Relax Aniko	<b>4:00 - 5:00 PM</b> Grounding Hatha Darlene		
<b>4:30 - 6:00 PM</b> Nourishing Yin & Meditation Darlene	<b>4:00 - 5:00 PM</b> Mindful Kids Meditation & Yoga 5-8yrs (wks 2-9) Amara		<b>4:00 - 5:00 PM</b> Mindful Kids Meditation & Yoga 9-12yrs (wks 2-9) Amara	<b>5:15 - 6:15 PM</b> Nourishing Yin & Meditation Darlene		
<b>5:30 - 6:30 PM</b> Vinyasa Flow Anji	<b>5:30 - 6:30 PM</b> Grounding Hatha Suzie	<b>5:30 - 6:30 PM</b> Vinyasa Flow Carolyn	<b>5:30 - 6:30 PM</b> Grounding Hatha Amara			<b>5:00 - 7:00 PM</b> The Mantra Room (Live Kirtan) Ashraya
<b>7:00 - 8:00 PM</b> Deep Peace Meditation Wayne	<b>7:00 - 8:00 PM</b> Grounding Hatha & Mantra Sound Bath Suzie	<b>7:00 - 8:30 PM</b> The Mantra Room (Live Kirtan) Yadunandana das & Friends		<b>6:30 - 8:00 PM</b> The Mantra Room (Live Kirtan) Circle Of Friends		



# AUSTRALIAN SCHOOL OF MEDITATION & YOGA GOLD COAST

We are a BYO mat and props space. Block and strap highly recommended. An optional \$29.95 prop purchase fee is included for those on new 6 and 12 month memberships. For Nourishing Yin classes we recommend two blocks, one strap and a bolster (or two large towels).

CLASS DESCRIPTIONS	
<b>CLASS CODES</b>  G = Gentle  M = Moderate  D = Dynamic  C = Challenging  SB = Suitable for beginners  SI = Suitable for injuries  SP = Suitable for pregnancy  C = Concession (inc. full time student)	<b>MINDFULNESS &amp; MEDITATION</b> Practical mindfulness and meditation tools for complete wellbeing and peace ( <b>first class \$10, ongoing classes \$5</b> )
	<b>BREATHWORK &amp; MEDITATION</b> A deeply relaxing combination of Eastern breathing techniques, mindfulness, chakra and mantra meditations ( <b>first class \$10, ongoing classes \$5</b> )
	<b>DEEP PEACE MEDITATION</b> Our signature blissful meditation class incorporating relaxation, pranayama, mindfulness and mantra meditation ( <b>first class \$10, ongoing classes \$5</b> )
	<b>THE MANTRA ROOM (LIVE KIRTAN)</b> Live Kirtan Wednesday ( <b>\$5</b> ), Friday ( <b>\$5</b> ) and Sunday ( <b>\$10</b> ) night A hotspot for sacred music and conscious community   Sunday nights we have a beautiful community dinner!
	<b>KIRTAN CIRCLE</b> A laid back community Kirtan session to calm the mind and nourish the soul. BYO instrument if you'd like to join in and learn to play some kirtan tunes for yourself! <b>Free session (donations welcome)</b>
	<b>LEARN INSTRUMENTS</b> Learn an instrument for kirtan in a relaxed and non-judgemental environment. BYO guitar and/or ukulele. Harmonium available. <b>Free session (donations welcome)</b>
	<b>COMMUNITY YOGA</b> G – SB – SI – SP   Yoga for everybody, run in conjunction with City of Gold Coast and Veda Yoga Teacher Training ( <b>\$5</b> )
	<b>STRETCH &amp; RELAX</b> G - SB - SI - SP   A half and half combo of gentle stretching and strengthening, and sublime relaxation and meditation ( <b>\$14/\$10 C</b> )
	<b>GROUNDING HATHA</b> M - SB - SI - SP   A slower, more static practice to balance and nurture ( <b>\$14/\$10 C</b> )
	<b>VINYASA FLOW</b> D/C – SI if you know how to manage them in a faster paced class   Flowing creative sequences coordinated with breath ( <b>\$14/\$10 C</b> )
	<b>NOURISHING YIN</b> M - SB - SI - SP   Surrender into stillness, long supportive holds and deep releases. ( <b>\$14/\$10 C</b> ) We are a BYO mat and props space; two blocks, one strap and a bolster (or two large towels) highly recommended for Nourishing Yin classes
	<b>GROUNDING HATHA &amp; MANTRA SOUND BATH</b> G/M - SB - SI - SP   Unwind with a nurturing yoga asana sequence, mantra meditation and a soulful sound bath ( <b>\$14/\$10C</b> )
	<b>MINDFUL KIDS MEDITATION &amp; YOGA</b> A solid foundation for holistic healthy living and inner peace for the next generation of yogis. <b>MEMBERSHIPS: \$8 or \$5 C/per child for more than 1 child from the same family</b> <b>CASUALS: \$12 or \$8 C/per child for more than 1 child from the same family</b> Weeks 2-9 during school terms only. Parents/carers jump into the adults Tuesday and Thursday 4:00pm Stretch & Relax class for only \$5!
	<b>PRICES</b> <b>Option 1: Unlimited Memberships (individual access to whole timetable)</b> <b>FIRST TIME INTRO OFFER – 1 MONTH – ONLY \$49! * Once only purchase</b> No lock in contract/cancel anytime <b>\$30/week</b> 6 months <b>\$25/week</b> 12 months, bonus 13th month free <b>\$20/week</b> <b>Option 2: Casual Drop In (prices listed next to each class above)</b>



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