



AUSTRALIAN SCHOOL OF
MEDITATION & YOGA
GOLD COAST

INTRO OFFER
1 month \$49
unlimited classes



scan for offer

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

Pacific Square, 2532 Gold Coast Hwy, Mermaid Beach | asmy.org.au | 07 5554 5440 | gold-coast@asmy.org.au

/AustralianSchoolofMeditationandYoga @asmygoldcoast /@ASMY

*Timetable commencing 16th September 2024
Public Holiday reduced timetable online
Jump online for up to date info, teachers etc.*

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



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

CLASS CODES

- 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)

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



scan for offer

INTRO OFFER
1 month \$49
unlimited classes



scan for offer