

**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)

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Timetable commencing 5th January 2025  
 Public Holiday reduced timetable online  
 Jump online for up to date info, teachers etc.

We also run weekly Gold Coast classes in Labrador, Southport, Nerang, Robina, Burleigh Heads and Palm Beach

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6:00 - 7:00 AM</b> Vinyasa Flow & Meditation Virginie	<b>6:00 - 7:00 AM</b> Vinyasa Flow & Meditation Tara	<b>6:00 - 7:00 AM</b> Grounding Hatha & Meditation Darlene			
	<b>7:30 - 8:30 AM</b> Grounding Hatha Darlene		<b>7:30 - 8:30 AM</b> Grounding Hatha Darlene		<b>7:00 - 8:30 AM</b> Vinyasa Flow & Meditation Carolyn	
<b>9:00 - 10:00 AM</b> Grounding Hatha Carolyn		<b>9:00 - 10:00 AM</b> Stretch & Relax Aniko		<b>9:00 - 10:00 AM</b> Stretch & Relax Jam	<b>8:30 - 9:15 AM</b> Breathwork & Meditation Vrndavan dasi	<b>8:30 - 10:00 AM</b> Nourishing Yin & Meditation Darlene
<b>10:15 - 11:00 AM</b> Deep Peace Meditation Emily		<b>10:15 - 11:00 AM</b> Deep Peace Meditation Radha Krishna das		<b>10:15 - 11:00 AM</b> Deep Peace Meditation Emily	<b>9:30 - 10:30 AM</b> Grounding Hatha Vrndavan 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>4:30 - 5:30 PM</b> Nourishing Yin Klaudia	<b>4:30 - 5:30 PM</b> Stretch & Relax Vrndavan dasi	<b>4:00 - 5:00 PM</b> Grounding Hatha Carolyn	<b>4:30 - 5:30 PM</b> Stretch & Relax Aniko	<b>4:30 - 6:00 PM</b> Nourishing Yin & Meditation Darlene		
	<b>4:30 - 5:30 PM</b> Mindful Kids Meditation & Yoga 5-12yrs (wks 2-9) Amara					
<b>5:30 - 6:30 PM</b> Vinyasa Flow Emma		<b>5:30 - 6:30 PM</b> Vinyasa Flow Jam				<b>5:00 - 7:00 PM</b> The Mantra Room (Live Kirtan) Ashraya
<b>6:00 - 7:00 PM</b> Deep Peace Meditation Amara	<b>6:00 - 7:00 PM</b> Grounding Hatha & Meditation Marine	<b>7:00 - 8:30 PM</b> The Mantra Room (Live Kirtan) Yadunandana das & Friends	<b>6:00 - 7:00 PM</b> Grounding Hatha & Meditation Amara	<b>6:30 - 8:00 PM</b> The Mantra Room (Live Kirtan) Circle Of Friends		



BYO mat or mat hire \$2. For Nourishing Yin classes we recommend you bring a bolster if you have one (or two large towels is fine also).

CLASS DESCRIPTIONS	
<b>CLASS CODES</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> )
G = Gentle	
<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!
M = Moderate	
<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>
D = Dynamic	
<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>
C = Challenging	
<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> )
SB = Suitable for beginners	
<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>\$15/\$10 C</b> )
SI = Suitable for injuries	
<b>GROUNDING HATHA</b>	M - SB - SI - SP   A slower, more static practice to balance and nurture ( <b>\$15/\$10 C</b> )
SP = Suitable for pregnancy	
<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>\$15/\$10 C</b> )
C = Concession (inc. full time student)	
<b>NOURISHING YIN</b>	M - SB - SI - SP   Surrender into stillness, long supportive holds and deep releases. ( <b>\$15/\$10 C</b> ) We recommend you bring a bolster if you have one (or two large towels is also fine)
<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 simultaneous adults 4:30pm Stretch & Relax class for only \$5!
<b>PRICES</b>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Option 1: Unlimited Memberships</b> (individual access to whole timetable) <b>FIRST TIME INTRO OFFER - 1 MONTH - ONLY \$49! *Once only purchase</b> 1 Year Membership \$25/week 7 Day Holiday Membership \$35 (valid 1 week)</p> </div> <div style="width: 45%;"> <p><b>Option 2: Yoga Asana Class Passes</b> 6 Class Pass \$75 (valid 1 month) 12 Class Pass \$140 (valid 2 months)</p> <p><b>Option 3: Casual Drop In</b> (prices listed next to each class)</p> </div> </div> <div style="text-align: right; margin-top: 20px;">   <p>scan for offer</p> </div>