

MERRI YOGA

with Richard Liddicut

Term 2
APRIL - JUNE 2023

An integral and creative approach to the practices of Asana (posture), Pranayama (breath), Pratyahara (relaxation) and Dhyana (meditation).

Students will practise yoga stretches, postures and movement, sound, breathing, relaxation and sitting.

Partner work also forms a part of the classes.

CLASS TIME: WEDNESDAYS 5.45pm to 7.15pm

LEVEL: GENERAL – at least 1 term (8-10 classes) of yoga experience with Richard or elsewhere is necessary.

VENUE: Rose Room, Green Monday Studios, 73 Grattan Street, Carlton

COMMENCING WEDNESDAY, 26th APRIL, 2023

COST: For 9 week term: \$144 / \$108 conc. (health/pension card holders)

During the Covid period, 2 half-payments may be made for the term - see enrolment section for details.

COVID COMPLIANCE

Although Covid-19 is not considered much these days, it is still present in the community. Please read the Victorian Department of Health's information at www.coronavirus.vic.gov.au/health-advice to see if the government issues any requirements for attending a class or course shown here.

Enquiries: 03 9387 1236

email: info@beholdart.com.au

www.beholdart.com.au •  @ behold_art_melbourne

MONDAY EVENING CLASSES

Richard is also teaching a 6.00pm Beginners to Intermediate Class and a 7.30pm Intermediate Class at the Maribyrnong Community Centre, Randall Street, Maribyrnong. Please note these classes are run by the centre.

Enrolments: 9032 4305, or visit Community Centres – www.maribyrnong.vic.gov.au
Enquiries about content: 9387 1236.

THE TEACHER:

- through his practice of Japanese ink painting and calligraphy brings an artistic and creative dimension to the postures, concentration and flow of energy in the yoga classes.
- has taught yoga since 1975.
- 1973-1985 received extensive yoga teacher training under the late Dorotea Mangiamele, founder of Mangala Studios of Yoga and Creative Dance.
- is a full member of the International Yoga Teachers Association (I.Y.T.A).

REQUIREMENTS FOR THE CLASSES:

- Comfortable and loose clothing
- BYO blanket and firm cushion
- Do not eat a full meal 4 hours before the class
- Mobile phones must be turned off

Special Note: **These classes are not competitive.** Being sensitive to one's own limitations and to those of one's partner/s assumes a high priority.

BOOKING SECTION:

You may enrol online or by returning this completed enrolment form to info@beholdart.com.au and pay in full or first half by EFT payment into the bank account listed below by Monday 24th April 2023. The second halfpayment can be made before Monday 19th June 2023.

PLEASE CONTACT RICHARD ASAP IF EFT IS NOT POSSIBLE.
Richard's ABN: 54 515 587 936

PLEASE DO NOT DETACH.

Name:
(given name) (surname)

Phone: (h) (mob)

Email:

Health/Concession/Pension Card Number:.....Expiry Date:.....

PAYMENT AMOUNT:

Payment to be made by Electronic Funds Transfer

Details:

BANK DETAILS FOR E.F.T.

Bank Name: Bank Australia Bank Address: 222 High Street, Kew VIC 3101
BSB: 313140 Account Name: Richard Liddicut Account Number: 1923 3273
Receipt will be supplied upon request.