

Winter 10 week Go Slow Yoga ONLINE classes (dates below).

About the winter term

At this time of year our intuitive sense is to hibernate, to stay warm, nurture ourselves and to slow down. In this winter term of classes we will focus on moving with the energy of winter and each week we will practice warming, internalising and nourishing practices of yoga suitable for all levels. Expect an integrated yoga class incorporating asana (yoga postures), pranayama (breathing practices), meditation and of course restorative yoga for deep rest. Stay warm and nourished this winter in preparation for a gentle emergence in spring. I hope you can join me ☺

This term I will be offering a 5 week half term option, with you having the choice to purchase 5 weeks at a time or 10 weeks all up, both within a "Pay as you Can" structure reflective of your individual circumstance (outlined in the booking details below).

About the Pay as You Can structure for the winter term.

I will continue to offer the Pay as You Can payment structure outlined below for this winter term, making every effort I can to consider you and your situation as well as to balance the need to pay myself a wage and to cover my costs.

If you are able to pay the full rate, I thank you. If not, please choose the price structure that is appropriate for you, according to your circumstances as outlined below. If you need to pay in instalments, please let me know and we can work it out.

Dates:

Monday 7:30pm – 8:45pm

10 week term starts 13 July – 14 September, 2020

5 week term starts Monday 13 July – 10 August, 2020

OR

Wednesday 9:30 – 10:45am

10 week term starts 15 July – 16 September, 2020

5 week term starts 15 July – 12 August, 2020

Where: Online from my lounge room to yours!

You will be emailed a meeting link each week. Please click on the link to join the class. Class will start at the designated time, so please be ready to join 5 – 10 minutes beforehand so we can start on time. If you would like to download Zoom you can do so here www.zoom.us

Get creative and experiment with props so there is no need to buy anything. If you need assistance with props please let me know as I may be able to assist.

PRICE STRUCTURE

Please choose the price structure that is appropriate for you, according to your circumstances as outlined below.

\$125 for 5 weeks or \$250 for the 10 Week term

All in Legend! If your household has a stable income....or your business is doing O.K - this is the standard price that covers the wage of the teacher and teaching infrastructure. You are proudly supporting a small business through these tough times!

\$100 for 5 weeks or \$200 for the 10 Week term

All in

If your employment is subject to some changes moving forward but you can weather it for now - this is a concession rate to help you whilst also contributing to keeping my business, in business :)

\$75 for 5 weeks or \$150 for the 10 Week term

Committed Comrade

If you are impacted financially at this time or your business is financially insecure at this time - this is the price that contributes towards the teacher's time. Thank you!

\$ 50 for 5 weeks or \$100 for the 10 Week term

If you are experiencing financial hardship or distress at this time - this price recognises that times are tough at the moment but you shouldn't have to miss out on yoga. I have your back x

If you don't see your circumstances reflected in the payment structure, please contact Nicole goslowyoga@gmail.com and we can arrange a chat.

F.A.Q's

Why can't I just drop in?

I'm a strong advocate for you committing to a regular yoga practice. It is this regular practice of yoga that will allow you to reap the benefits that yoga brings. By committing once a week with a regular group of people you will see and feel changes and development in your practice. You might even start to sleep better and feel a bit less stressed more often! From a teaching perspective, I get to know you and your practice a lot better than if you are dropping in intermittently. I can support your individual practice, assisting and encouraging you to listen to the wisdom within you, and it's always a great privilege to witness students really start to feel comfortable as they slow themselves down.

If I can't make a Monday class can I join on Wednesday morning (or vice versa)?

Yes! You are welcome to attend on Wednesday in lieu of Monday or Monday in lieu of Wednesday. Please just let me know in advance so that I can send you a link.

I see that you are offering classes online now, can I practice yoga in my p.j's?

Yes! I think that's a great idea☺.

What do I need?

- A space in your home to practice where you are not likely to be interrupted
- A laptop with inbuilt camera, or phone, both with internet connectivity and Zoom connected (laptop preferred for better viewing capability but not necessary)
- a yoga mat
- a blanket (or two)
- cushions and or pillows to replace bolsters
- two similar sized books or something similar in lieu of blocks
- hand towel, face washer or tissue as an eye pillow

Is there anything else I need to know?

Yes, please be on time to avoid a late start. This means being in the Zoom waiting room 5 minutes prior to the start of class.

Booking details

Please make your direct debit payment to Nicole Blyth. BSB: 923100 ACCOUNT: 35869946.

Please state your name in the description & which term option you have chosen.

Booking and cancellation policy: Your place is secured upon receipt of full payment. Refunds will be considered on a case by case basis and circumstances will be considered at the discretion of Go Slow Yoga.

Terms and Conditions

Please inform Nicole of any medical concerns, injuries, or if you are pregnant.

Yoga class commitment is for the term. If you miss a class, you have the opportunity to make up the class during the week (i.e: participating on Wednesday in lieu of Monday and vice versa). Please inform Nicole of this in advance.

Payments for Yoga classes are not transferable to a future date.

Nicole reserves the right to cancel any classes, sessions, or events due to illness or other urgent situations. Nicole will notify all students with as much notice as possible of the rescheduled date.

If you have any questions please feel free to contact Nicole at any time goslowyoga@gmail.com

About the teacher

Nicole has been committed to her practice of yoga for over 17 years. Nicole adopts a mindful approach to her classes and specialises in Restorative Yoga, a practice that has supported her through every day and significant life events, including motherhood and chronic illness. Nicole believes that yoga is for every "body" at all stages along the lifespan and she enjoys supporting her students in their individual experience and inquiry of yoga. With warmth and care, Nicole supports her students in slowing down and meeting themselves where they are in their practice.

Nicole is a registered yoga teacher with Yoga Australia and a Level 1 Restorative Yoga Teacher as well as a qualified practicing Social Worker.

Please feel free to visit www.goslowyoga.com.au for information about other offerings and to join the mailing list.

