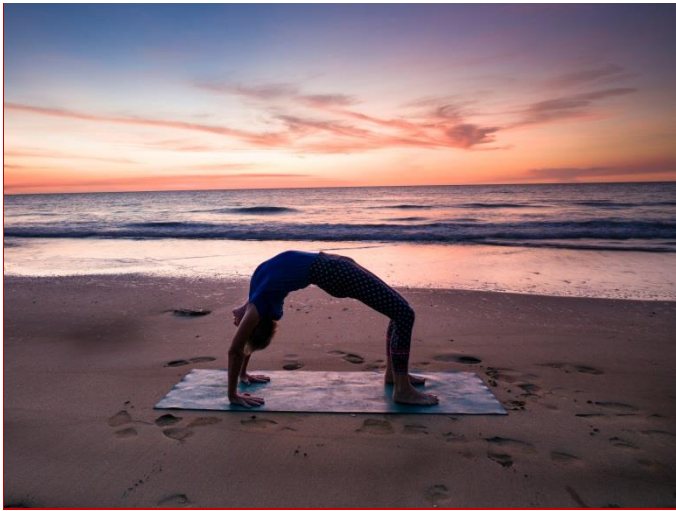


Women Only Yoga Xmas Intensive

9-11am, 2nd, 3rd & 4th of January 2020
with Chris Lalor & Renae Moore



Chris Lalor: Founder & Principal Teacher of Flametree Yoga

JOIN OUR POPULAR WOMEN ONLY SERIES

The Women Only classes at Flametree are some of our most popular classes.

For those who have already been to some of these classes, the 2020 Intensive will add new material, and give you the opportunity to go into more depth about some of what you may have already learnt and practised.

For those who have not yet done any Women Only classes, you will be given a rapid update on key topics, and you'll be able to work together with those who are already enthusiastic students in this important area of yoga.

Some of the topics we will cover:

- ✓ Immune system postures.
- ✓ Role of sleep, and postures to enhance it for your brain!
- ✓ Importance of balance poses for women.
- ✓ Adrenal glands. Why they are critical & having them perform for you.
- ✓ Maintaining the utmost energy with the least stress.
- ✓ Breast care postures.
- ✓ Reducing anxiety and / or depression.
- ✓ Role of inversions.
- ✓ Chest opening for heart and more.

- ✓ The challenges with each transition in a woman's life cycle.
- ✓ Discussion, comment, practice format in each of these areas and more.
- ✓ Question and answer session each day on anything you wish to raise.

2019 STUDY SHOWS 40% OF WOMEN HAVE ANXIETY

We have rightly heard a lot about issues like breast cancer, but much less about the 40% of women who have anxiety, and 30% who have depression. So we will cover mental and physical health.

Yoga has a unique ability to contribute to these and other areas that are especially relevant for women.

FOR WOMEN OF ALL AGES

Intensive is those who menstruate regularly, and those who are pre-menopausal, menopausal, and post-menopausal. You must have already completed Beginner Yoga Course, or equivalent.

ISSUES ESPECIALLY IMPORTANT TO WOMEN

In summary, we will be addressing issues like **hormonal imbalance, fatigue, depression, mood swings, anxiety, enhancing intimacy, adrenal exhaustion, and more.**

HIGHLY EXPERIENCED TEACHERS

Chris & Renae are both certified Iyengar teacher with many years of experience. Yoga for women is an area of special focus for each of them.

\$105 for 3 days (10% less for direct debit students).

Pay by cash or EFTPOS at studio (or watch Facebook for a link to pay online). The first 35 to pay will be the confirmed attendees.

Single days (@ \$39) will be available only if there is space after those who buy the whole 3 day Intensive. Open to those in Trans classes and above.

Call or text: **0448 11 22 51**

flametreeyogastudio.com.au

Yoga Medley Xmas Intensive

9-11 am, 26th-29th December.
with Chris Lalor & Richard Mayhew



Richard Mayhew: Certified Yoga Teacher at Flametree Yoga

FOUR DAY MEDLEY

Day 1: Restorative & ways to "hang", plus use ropes
Day 2: Inversions & alternatives to them
Day 3: Backbends, with focus on chest opening
Day 4: Pranayama (including chants) for vagal tone.

HOW A YOGA MEDLEY WILL HELP YOU

A yoga practice, including a yoga practice at home, requires you to work across a broad spectrum of poses. That's what is best for a deeper understanding of yourself.

We also all spend too much time just doing poses we like. This can lead to under-development in some areas, or a failure to realise your full potential, or that you miss some of the major benefits of yoga.

The four day medley of yoga skills will help give you a balance across all areas.

We will ease into the Medley with Day One having an emphasis on restorative poses, as well as the many ways to use the ropes for hanging.

Ropes are one of the easier ways to get all the benefits of inversions, in situations where your strength may not otherwise allow.

TAILORED FOR THE CLASS

The final list of postures we teach, and the level at which we teach them, will depend on who is in the class.

But whoever is in the class will get plenty to challenge them, and many new skills to learn. With both Chris and Richard present, you'll get plenty of help and attention.

POSES AROUND THEMES OF 2019

Among other things, there will be discussion about the many popular themes we have raised in Facebook posts during 2019. It will include topics covered by Chris' presentations at the monthly Special Event class, such as building vagal tone, working towards the 8 limbs of yoga, tapas, and different yoga for different seasons of weather.

There'll also be commentary on how various poses are useful for particular challenges faced by men and women as a result of their physiology.

THE GLANDS THAT MAKE YOGA DIFFERENT

Yoga postures target glands in a way that makes it totally different from any other form of exercise.

You'll learn how particular poses access our glands so as to release hormones for various desirable effects, such as energy, calming, desire, and more.

Persons with particular conditions will be given variations of poses, in the usual way, so that the class can reach as many as possible, and also help with your individual situation.

HIGHLY EXPERIENCED TEACHERS

Chris is a Senior Yoga Teacher, and Richard is a qualified Iyengar teacher with 20 years of experience.

The format will include discussion, comment, and practice.

There'll also be a question and answer session each day on anything you wish to raise.

\$139 for 4 days (10% less for direct debit students).

Pay by cash or EFTPOS at studio (or watch Facebook for a link to pay online). The first 35 to pay will be the confirmed attendees.

Single days (@ \$39) will be available only if there is space after those who buy the whole 3 day Intensive.

Open to those in Trans classes and above.

Call or text: **0448 11 22 51**

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