Spirit of India (NSW) Inc.

Not for Profit Organization promoting Better Life through YOGA, Spirituality, Charity and Community Awareness

"Making a difference in the people's lives"

15 Weeks Yoga Course

(15 x 2-hour session)

at

Wentworthville, Quakers Hill and Epping

Yoga Course

- ***$150.00 for the complete course of 15 sessions totalling 30 hours.***
- ***$120.00 concession charges for full-time students and Pensioners 65+ years of age.***

Important: Class notes will be distributed via email in PDF format. Kindly ensure that the email address provided on your application form is current and accurate. Please enter your email address in uppercase letters when completing the admission form. The completed application must be submitted as a hard copy. It is your responsibility to monitor both your inbox and junk or spam folders for relevant communications.

Suburb	Address	Day	Time
Wentworthville	Banksia Hall 2 Lane Street, Wentworthville, NSW 2145	**Saturday**	**10 AM to 12 PM**
Quakers Hill	Performance Space, Quakers Hill High School 70 Lalor Road, Quakers Hill, NSW 2763	**Saturday**	**5 PM to 7 PM**
Epping	Epping Community Hall (Main Hall) 9 Oxford Street Epping, NSW 2121	**Sunday**	**8:30 AM to 10:30 AM**

Yoga Practice Session

- ***$ 80.00 for the one-hour session once a week. 14 sessions.***
- ***Only for past students who have completed at least one course conducted by us.***

Suburb	Address	Day	Time
Wentworthville	**At the centre only** Grevillea Hall 2 Lane Street, Wentworthville, NSW 2145	**Saturday**	**10:00 AM to 11:30 AM**
Epping	**At the centre and Online** Epping Community Hall 9 Oxford Street Epping, NSW 2121	**Sunday**	**7 AM to 8:30 AM**

Yoga for Children

- $***40.00 for the one-hour session for 15 sessions (Specially designed for age group 5 to 12 years).***
- *This is an innovative program for children's overall development through yoga. It consists of Yoga education and personality development aspects.*

Suburb	Address	Day	Time
Wentworthville	Grevillea Hall 2 Lane Street, Wentworthville, NSW 2145	**Saturday**	9.00 – 10.00 am

Free* Ongoing Yoga Classes for Seniors – (Age 55+)

Suburb	Address	Day	Time
Epping	Basement Library	Thursday	11.00 – 12.00
Pennant Hills	Basement Library	Friday	09.30 – 11.30

Enrolling your name is now more convenient. You may reserve your place through our website or by sending an email to spiritofindia2002@yahoo.com with your name, contact information, and your preferred centre. We will reply within three business days with details about the procedure, an admission form, and any additional information you may require.

Admission is on first come first serve basis.

To avoid disappointment, please reserve your seat by making full payment in advance.

Payment methods: Electronic Funds Transfer (EFT) preferred, PayPal or Cheque

EFT (preferred)	**BSB: 032-088** (Westpac Bank) - **Account Number: 179012** Account Name: **Spirit of India (NSW) Inc.** For your seat to be reserved, send us as email with your name and Yoga Centre where you would like to attend the classes.
PayPal	Make a payment from http://www.spiritofindia.org/courses
Cheque	*Cheque: Drawn in favour of "**Spirit of India (NSW) Inc.**"*

Admission form: Upon receipt of the payment, we shall issue you the admission form.
Admission forms may be downloaded from our website http://www.spiritofindia.org also.
Please fill, sign and submit the form at the time of enrolment.
→ **Please do not email admission form.**

Please bring a **sticky yoga mat**.
You can buy one elsewhere or reserve one from us for $25, subject to availability. A thicker studio mat is also available for $40. Let us know if you'd like to reserve either option.

Disclaimer: *Yoga practice should not be considered as a replacement for medical advice or prescription. Individuals with medical or physical conditions are advised to consult their physician to determine the suitability of participating in Yogic activities. The course organizer, including staff, volunteers, and instructors, shall not be liable for any form of loss or damage.*