

Current as of 2017-2018



Yoga Cycle Studio

Teacher: Kosta Soumelidis

Address: 4/22 Ware St Thebarton SA

Mobile: 0412 95 99 55

Email: the.yogacycle@gmail.com

Website: www.yogacycle.com.au

Yoga Class Timetable:

New Students: Please contact the studio before attending classes. No casual admittance.

Monday

Level II and III – 6.30-8.00am

Level I – 6.00-7.30pm

Tuesday

Level II – 6.00-7.30pm

Wednesday

Level III – 6.30-8.00am

Thursday

Level II – 6.00-7.30pm

Friday

Level III – 6.30-8.00am

Saturday

Level I - 8.30-10.00am (during school terms only)

Level II – 4.00-5.30pm

Private classes also available.

Levels:

Yoga Cycle yoga classes are available for various levels of experience, from beginner yoga classes, to intermediate, and advanced.

Personalised private classes are also available. Please contact for more info.

New students, please contact studio before attending classes.

Level I

Beginner level, students should have a basic understanding from the introductory course and expect to spend 6-12 months at this level.

Level II

Intermediate level requiring 12 months regular class attendance. Students must have a commitment to developing a home practice.

Level III (Led Practice)

This is a led practice where the asana names are called, with the practice leader presenting the posture, but there is no instruction. Suitable for experienced students with at least two years of regular class attendance.

Pricing:

Cash only, or EFT money transfers. No eftpos available.

~ Casual Class \$20 Full | Concession \$18

~ Ten Session Card \$160 (cash / EFT)

To be used weekly (minimum). This card has a 12 week expiry date from purchase. Valid for one person only per card.

~ Unlimited Monthly Card \$160 (cash / EFT)

Practising regularly is now more affordable with the Unlimited Monthly Card. Most beneficial to students coming 3 times or more per week. This card can be used as many times within the month. Valid for one person only per card, and is strictly valid for one month.