

Retreats



Massage



Yoga



Ayurveda



Meditation



Monday

Tuesday

Wednesday

Thursday

Saturday

<p>Pranayama breathe & heal 9.15-10.15 \$20 <i>Shantiji</i></p>	<p>Bollywood fun fitness 9.30-10.15 \$30 <i>Shantiji</i></p>	<p>Yoga stretch & tone 9.15-10.10 \$20 <i>Hilary</i></p>		 <i>Shanti Gowans, CEO</i>
<p>Yoga easy, gentle, flow 10.15-11.30 \$25 <i>Shantiji</i></p>	<p>Yoga healthy back & abs 10.30-11.30 \$20 <i>Shantiji</i></p>		<p>Yoga healthy back & abs 10.30-11.30 \$20 <i>Shantiji</i></p>	<p>Yoga stretch & tone 10.15-11.10 \$20 <i>Sue</i></p>
<p>Meditation relax & meditate 11.30 - 12.15 \$20 <i>Shantiji</i></p>	<p>Yoga health & wellbeing 11.30-12.30 \$20 <i>Shantiji</i></p>		<p>Yoga health & wellbeing 11.30-12.30 \$20 <i>Shantiji</i></p>	<p><i>Slow down</i> </p>
<p>Lunch Ayurvedic veg. Mon-Thurs \$12</p> <p>Darshan Philosophy and discussion 12.45-2pm Free</p>	<p>Deep Relaxation & self healing 12.30-1.15 \$20 <i>Shantiji</i></p>		<p>Meditation relax & meditate 12.30-1.15 \$20 <i>Shantiji</i></p>	<p><i>Expand your heart</i> </p>
<p>Yoga stretch & tone 5.30-6.25 \$20 <i>Tanya</i></p>	<p>Yoga stretch & tone 5.30-6.25 \$20 <i>Sonja</i></p>	<p>Yoga stretch & tone 5.30-6.25 \$20 <i>Sue</i></p>	<p>Yoga stretch & tone 5.30-6.25 \$20 <i>Jo</i></p>	<p><i>Still your mind</i> </p>
	<p>Yoga easy, gentle, flow 6.30-8pm \$20 <i>Shantiji</i></p>	<p>Deep Relaxation & self healing 6.30-7.30 \$20 <i>Shantiji</i></p>	<p>Classical Indian dance 5.30-6.15 \$35 <i>Kamalaji</i></p>	<p><i>Nourish your body</i> </p>
	<p>Chanting kirtan 8-9pm \$20 <i>Shantiji</i></p>	<p>Yoga easy, gentle, flow 7.30-9.00 \$20 <i>Shantiji</i></p>	<p>~ ~ ~ Bollywood dance course 6.30-7.25 \$35 <i>Kamalaji</i></p>	<p><i>Honour your soul</i> </p>
				<p><i>Embrace the whole</i> </p>

Shanti Yoga Payment Options

Single sessions

Adults	\$20 (55 mins)
	\$25 Monday 10.15am & Wednesday 7.30pm
Children 4-4:45pm Mon	\$14
Bollywood dance	\$35 + \$15 add-on, back to back class

Packages/membership

Casual payment back to back	+ \$5 per single session x 55 mins, \$10 longer sessions
Unlimited 30 days	\$120 (as many classes as you choose, excludes bollywood and classical Indian dance evening classes & kids yoga)
Unlimited Annual	\$895 (Excludes bollywood and classical Indian dance evening classes and kids yoga. Inc. free retreat valued @ \$596)
Children 4pm Mon	\$90 pre-pay 9 week term
Bollywood dance	
5 week pass	\$99 (\$19.80/class)
10 week pass	\$175 (\$17.50/class). Special 30% off 2nd course
	Conditions apply.

payment & refunds:

We accept EFT, Visa, MasterCard, and cash. All sales are final. No refunds or transfers sorry. We do not refund for change of mind or circumstance.

terms & conditions...

Unlimited 30-day Membership Terms:

30 day expiry from 1st visit. Excludes Bollywood dance evening classes and kids yoga. Includes \$50 discount for retreat during pass validity. No extensions. No suspensions. No transfers. No refunds. No exceptions.

Unlimited Annual Membership:

365 day expiry from 1st visit. Excludes Bollywood evening classes and kids yoga. Includes free weekend retreat, twin share valued at \$596, strictly during pass validity. No extensions. No suspensions. No transfers. No refunds. No exceptions.

Bollywood Membership:

Pre-pay for 2 x 10 week courses within the same term to receive a 30% discount on the 2nd course. Total: \$297.50 (i.e. \$14.88 per class when you prepay, save over \$50).

RETREATS

The Nirvana Wellness Retreat experience is for those who want to feel better. Take a short break to rest, recuperate, feel the natural rhythm of life and reconnect.

Program includes meals, activities and accommodation:

Van: \$195/day. \$390w/end. \$1365/wk, \$2950/10 days.

Standard rooms (twin-share): \$298/day. \$596w/end. \$2086/wk. \$3980/10 days.

Standard plus rooms (single room, shared facilities): \$325/day. \$650w/end. \$2275/wk. \$4250/10 days.

Private ensuite twin: \$360/day. \$720w/end. \$2520/wk. \$4600/10 days.

Private ensuite single: \$395/day. \$790w/end. \$2765/wk, \$4950/10 days.

Contact Us

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