



Ironsides Sports and Physio Yoga Timetable

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DAY	TIME	CLASS	TEACHER
MONDAY		NO CLASSES	
TUESDAY	6.15am – 7.15am	** ALL LEVELS	MARINA
	9.15am – 10.30am	ALL LEVELS	ANDREA
WEDNESDAY		NO CLASSES	
THURSDAY	6:45am – 7:45am	ALL LEVELS	TRINA
	1.00pm – 2.00pm	CHAIR YOGA	SUZ
	6:00pm – 7:00pm	ALL LEVELS	NARELLE
FRIDAY	12.00pm – 1.00pm	ALL LEVELS	MARINA
	1.30pm – 2.30pm	CHAIR YOGA	TANIA
SATURDAY		NO CLASSES	

* This is a 6-week course running from 2 February 2023 to 9 March 2023.

** These classes will initially run for a 6-week trial to gauge interest.

PLEASE PAY FOR YOUR CLASS AT RECEPTION DURING OFFICE HOURS: 8.30am – 5.00pm (may vary on some days)

PAYMENT OPTIONS INCLUDE:

1. 10 class pass (must be used within 4 months): \$230 = \$23 per class
2. Casual class: \$25

ANDREA'S TUESDAY CLASS PRICES:

3. 10 class pass \$260 (must be used within 4 months)
4. Casual Class: \$30



Ironside Sports & Physio

CLASS DESCRIPTIONS

All Levels

An active yoga practice suitable for both beginners and experienced yoga students. Modifications and variations of poses are provided so students can practice at a level that meets their needs on that day. Props are used to make yoga postures more accessible for students.

Beginners

A slow-paced practice suitable for those who've never tried yoga before or people returning to yoga or recovering from illness or injury. Special attention will be given to getting down and up from the floor safely, sitting and lying comfortably, introducing breathing practices and relaxation. Modifications and variations of poses will be offered so students can practice at a level that suits their needs. Props (blocks, chairs and straps) will be used when needed to make yoga postures more accessible for students.

Chair Yoga

These classes include classical body movements (asanas), various breathing techniques (pranayama), pelvic floor exercises, brain yoga, simple ball games to engage eye and hand coordination plus many more activities. They are also suitable for students recovering from illness or injury. There is no floor work involved.

For all classes: Please let your teacher know if you are working around injuries so they can assist you with modifications as needed.

Props and equipment provided

Yoga: Mats, blocks, straps, blankets, bolsters and chairs are provided.

Students are welcome to bring their own props to class.

Wipes are provided to clean studio equipment after use.

Please do not attend class if you:

- * are unwell with fever, cough, sore throat or shortness of breath, or
- * have had contact with someone who has COVID-19 or is being tested for COVID 19.

Students are welcome to wear a mask if they prefer.

YOUR TEACHERS

MARINA JAMES



Marina is a Yoga Instructor, Counsellor and Mental Health Professional with over 20 years' experience working in wellbeing and mental health.

For the past 7 years, Marina has offered local yoga classes that enable people to cultivate calm, practice mindfulness and connect with their bodies and themselves. Marina's classes are suitable for people with all levels of yoga experience, and she provides modifications to postures and sequences to meet clients' needs.

Marina's approach is underpinned by considering the body and mind as one integrated whole. She believes that any person can benefit from the whole-body approach yoga offers. Marina is particularly interested to use yoga to enable mobility and balance, practice mindfulness, alleviate stress and tension, and increase awareness of bodily experience.

Marina brings a steady, gentle, accessible and compassionate approach to yoga teaching. She is trained in Dru Yoga (Hatha Yoga), Yin Yoga, Restorative Yoga and Yoga Nidra. She uses techniques from all these styles to deliver classes that benefit body and mind. Marina is a Level 2 member of Yoga Australia.

NARELLE THOMAS



Narelle's nurturing yoga classes relieve tightness and build strength, flexibility and balance for the body and mind. Each class includes physical poses as well as breathing, relaxation and guided mindfulness practices.

These classes are suitable for beginners, those coming back to yoga after some time, as well as more advanced students. Narelle has expertise in working with students who have limitations due to age or injury. All practices are explained fully, and modifications and variations of poses are offered to

meet each person's needs.

While Narelle first came to yoga to manage stress when teaching full time for the Education Qld and parenting 2 children under 5 years old. She has also experienced the benefits of yoga for increasing strength, flexibility and recovery from injuries.

Narelle is a qualified social worker and educator. A Level 2 member of Yoga Australia, she has been teaching yoga for over 20 years and strives to continually develop her skills and knowledge within the yoga and wellness disciplines.

TANIA KRUTAK



Tania became a yoga teacher after her careers, first as an international volleyball player in Europe, and later as an Engineer. Combinations of these jobs refined her yoga style by focusing on science behind the ancient yoga teachings and awareness of injuries or various body conditions.

She has experienced the benefits and healing power of yoga on her own body worn down by sports injuries. Tania loves sharing her discoveries how to keep the body and mind in the best available shape while having fun.

TRINA ROBBIE



Trina discovered yoga 40 years ago under the tutelage of an inspiring 60 year “young” yoga teacher. Despite a break in her practice to undertake weight training, Pilates and other sports, she was drawn back to the magic of yoga and has embraced it as a life-long holistic practice.

Trina passionately believes that yoga provides the ultimate tonic for life – a philosophy that blends physical, mental, emotional and spiritual well-being into one practice that is accessible to everyone.

Her classes are varied from week to week, but all will include asana (physical poses), pranayama (breath work), and relaxation techniques. A focus of Trina’s classes is working “from the ground up” to encourage safe alignment and functional movement to deepen our practice and develop strength, mobility and endurance.

Trina is a Level 2 qualified yoga teacher and has completed subsequent training with several internationally renowned teachers across many yoga disciplines. She enjoys teaching Yin yoga, Restorative yoga, Hatha yoga, Yoga for older grownups, Yoga Nidra and community yoga in the outdoors. Trina often incorporates a mix of these styles in her classes. Trina also teaches mat-based Pilates and is continually developing her skills across the yoga and wellness spectrum.

