

Y~Knot?

The Newsletter of the Hobart School of Iyengar Yoga
December 2016

Summer Break

The last classes are on Wednesday December 21st.

Classes resume on Monday January 23rd.

Class Fees January/February 2017

Monday 5 classes: \$75 No class on Monday February 13th (Hobart Regatta Day)

Tuesday 5 classes: \$75

Wednesday 5 classes: \$75

Thursday 4 classes: \$60 No class on Thursday January 26th (Australia Day)

Friday (Level 2) 5 classes: \$75

Friday (Individual Needs) 5 classes: \$200

Saturday 5 classes: \$75

Open Practice Thursday 6-8AM & Saturday 7-9AM: \$6/session

Make-up class Thursday February 28th 715-845PM

Yoga-Sutra Class Saturday February 25th 815-915AM: \$6

6-Week Back Care Course starts Saturday February 4th This course is suitable for *any* level of student, from those with no prior *yoga* experience, to experienced *yoga* practitioners. The **Back Care Course** aims to present general *yoga* principles applicable to the management of back pain, especially that which is long-term or recurrent.

6 weeks Saturdays 11AM – Midday Cost: \$128 Includes Back Care Sheet



For all those still Ambivalent, Baffled, Conjecturing, Doubtful, Erratic, Fickle, Googling, Hesitant, Indecisive, Jaded, Knotted, Lost, Mystified, Niggled, Oppressed, Puzzled, Questioning, Reluctant, Stumped, Troubled, Uncertain, Vacillating, Wondering, 'Xasperated, Yawning, Zig-Zaging at what to get your Loved Ones for the New & Festive Season
Look a little Laterally:

Fullers Bookshop
Dymocks Centrepoint
State Cinema Bookstore
Fast Forward Digital
Hobart Bookshop
Dan Solo

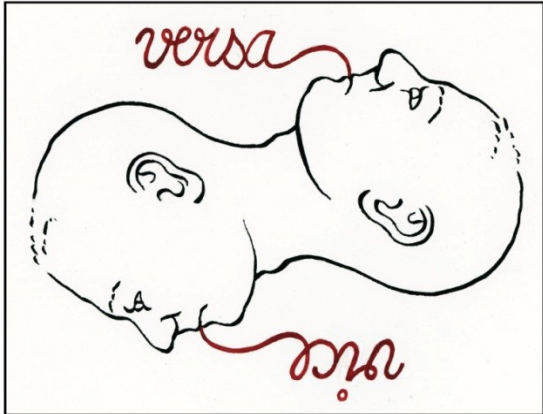
ZOUNDS!
YULETIDE XMAS WONDERMENT!

VICE VERSA UNRAVELS...

TOM SAMEK
RHYMES QUATRAINS POEMS

ODD, NOVEL, MARVELLOUS

Vice Versa
new and selected poems



ARJUN VON CAEMMERER
collective effort press

LOOK! KOOL
JIGGERY-POCKERY

INSINUANT
HUMOUR

Go FRABJOUS · ESCHEW DROSS!

CHRISTMAS BECKONS AGAIN...
In Hobart's Finest Bookshops

www.hobartiyengar.com

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