



TERM 3, 2014
Regular Class
Timetable
Mon 30th June to
Fri 26th September

visit soulspacebrisbane.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:00am – 7:15am 6 Week Yoga Winter Course Trent (1 st Jul – 5 th Aug & 12 th Aug – 16 th Sep) ALL B C \$99	6:15am – 7:15am Morning Hatha Yoga for Balance Renee ALL B C \$15	6:00am – 7:00am Power Yoga Trent ALL B C \$18	6:15am – 7:15am Morning Hatha Yoga for Balance Renee ALL B C \$15
6:00pm – 7:00pm 6 Week Beginners Yoga Course Vanessa (30 th Jun – 4 th Aug & 11 th Aug – 15 th Sep) ALL B C \$105	6:00pm – 7:15pm 10 Week Iyengar Yoga Basics Course Camille (3 rd Jun – 5 th Aug & 12 th Aug – 14 th Oct) ALL B C \$170	5:45pm – 7:15pm Beginners Iyengar Yoga Antoine ALL B C \$20	6:00pm – 7:30pm 6 Week Yoga Course Bodhi (3 rd Jul – 7 th Aug & 14 th Aug – 18 th Sep) ALL B C \$102	
7:15pm – 8:30pm Yoga with Awareness (Hatha) Vanessa ALL B C \$20	7:30pm – 9:00pm Open Yoga Class Camille ALL B C \$20	7:30pm – 9:00pm Iyengar Yoga Level 1 & 2 Antoine C \$20	7:30pm – 9:00pm 6 Week Meditation Course Chris (3 rd Jul – 7 th Aug & 14 th Aug – 18 th Sep) ALL B \$110	

Prices quoted are for a *casual* visit with the exception of courses. Cheaper rates available from each teacher with regular participation.

- All levels welcome
- Perfect for beginners
- Casual visit welcome/
no booking required

For full class details and last minute changes
visit soulspacebrisbane.com.au/events

*Each class has a unique and individual approach to suit your needs.
Please feel free to call us if you need help connecting with a teacher that will best suit.*

SOUL SPACE BRISBANE | 23 PARKER STREET NEWMARKET | 07 3352 6155

CLASSES | COURSES | THERAPY | SPACE HIRE



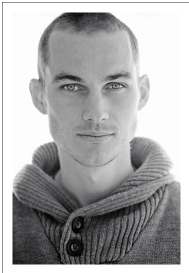
Congratulations on finding us!

We are confident if you have picked up our timetable you are ready to embark on a journey of self-discovery, empowerment, and healing.

Soul Space Brisbane is dedicated to the embodiment of purposeful living. Our philosophy is that living an authentic and purposeful life and making informed lifestyle choices is the surest way to heal and to sustain a healthy prosperous life. Our current services are focused on creating real life experiences where clients and people of the community can reclaim their true sense of responsibility, creativity, personal power and authentic expression.

Through Yoga, Meditation, Emotional Release Body Work, Lifestyle Therapy, Psychosomatic Therapy Training and Nutritional advice, we are teaching people how to heal themselves by providing them with tools relevant for the world we live in today.

THERAPISTS AVAILABLE:



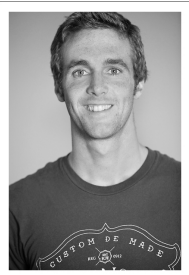
CHRIS KNIGHT co-founder Soul Space Brisbane

Musculoskeletal Therapist, Psychosomatic Therapy, Remedial Therapist, and Yoga Teacher. Chris specialises in, lifestyle therapy, emotional release body work therapy and yoga personal instruction.

AVAILABILITY: Monday, Tuesday & Wednesday 7am till 5:30pm

INVESTMENT: 90min Consultation: \$150

For bookings please call 0401 002 930 or 07 3352 6155



BODHI WHITAKER

Yoga Therapist, Psychosomatic Therapist & Lifestyle Consultant.

He specialises in bringing balance, excitement and purpose into your life. By working on all levels, mentally, emotionally, physically and spiritually all aspects of your health are covered in each session.

AVAILABILITY: Thursday and Friday 7am till 1pm

INVESTMENT: Initial Consultation 90mins: \$130 | Ongoing Consultations 60mins: \$90

For bookings please call 0416 192 360 or 07 3352 6155



RACHELLE HICKSON

Kinesiology, Nutritional Balancing, Reiki & Dance

Rachelle will work to determine areas of stress within the physical, mental, emotional or energetic bodies and then work to return these imbalances to a state of harmony, increasing overall health and wellness. Rachelle specialises in immune conditions (eg. food intolerance's and auto-immune diseases) along with gut repair and stress management.

AVAILABILITY: Thursday & Friday 1:30pm till 6:30pm

INVESTMENT: Initial Consultation 90mins: \$115 | Follow Up Consultations 75mins (1hr 15min): \$95

For bookings please call 0450 901 314 or 07 3352 6155

SPACE HIRE & GENERAL ENQUIRIES:



JODIE de ROME – co-founder Soul Space Brisbane

We invite facilitators to hold events, classes, courses and workshops that promote creativity, healing, personal growth, mindfulness and natural healthy living.

Our space is available to hire 7 days/week.

Please contact Jodie for enquiries regarding the space and any other general enquiries.

For enquiries please call 0403 534 637 or 07 3352 6155

for full details visit soulspacebrisbane.com.au

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