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[www.goldendolphin.com/yoga.htm](http://www.goldendolphin.com/yoga.htm)

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Sundalah Sundays are Proudly Supported by:



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Yoga on Magnetic  
with Dani Ceccarelli  
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# Sundalah Sunday

**Sundalah Sundays 2011**

May 29th \* July 17th \* September 18th

Townsville Seniors Centre  
16 Ryan St, Belgian Gardens

*Sundalah supports  
Yoga ~ Unity in Townsville!*

Sundalah Sundays are a unique opportunity for you to enjoy an afternoon of yoga classes, healthy living talks, stalls and family fun by the ocean. A fabulous day for only \$20 / \$5 kids.

All proceeds to

**YOGA TOOLS FOR TOWNVILLE SCHOOLS**

A program available to all Townsville schools in 2012.

BYO Yoga Mat / Towel & Water.  
Light afternoon tea is available.  
Bring your mug and save \$ and a tree!

~ [www.sundalah.com.au](http://www.sundalah.com.au) ~

*Creating Community Connections*



# Sundalah



## Sunday

Sundalah  
HOUSE

Belgian Gardens

health ~ wisdom ~ inspiration



www.sundalah.com.au

Living Yoga \* Education  
Resources \* Private Training

by appointment  
sundalah@me.com 0401 401 446

### Sunday May 29th \* 11:30am - 5pm

Time	Main Hall	Shady Nook	Quiet Space
12 - 12:45	Intro. to Ashtanga <i>Allison</i>	ChiBall™ <i>Petra</i>	Talk: <u>Styles of Yoga</u> - <i>Nigel</i>
1-1:45	Yoga Alignment <i>Nigel</i>	Yoga Breathing <i>Tatjana</i>	Intro. to Feldenkrais <i>Cathy</i>
2-2:45	Knoff Yoga - 11 Key Poses <i>Steven</i>	Kids Yoga + Craft <i>Kerry &amp; Carol</i>	Talk: <u>No More Pain: Healing Injuries</u> - <i>Harry</i>
3-3:45	Lunar Vinyasa Flow Yoga <i>Jasmine</i>	Meditation + Yoga Nidra <i>Naomi</i>	Chair Yoga <i>Rachel</i>
4-4:45	Chakra Dance <i>Meredith</i>	Your Relaxation Response <i>Sharon</i>	

### FRONT LAWN ~ Talks + Demonstrations

1pm	Calming Points to Relax & Revive with <i>Jocelyn</i>
2pm	Pilates ~ More than the Mat with <i>Rebecca</i>
3pm	Managing Your Energy with <i>Petra</i>

### Sunday July 17th \* 11:30am - 5pm

Time	Main Hall	Shady Nook	Quiet Space
12 - 12:45	8 Great Daily Poses <i>Jane</i>	Family Yoga <i>Jasmine</i>	Sounder Sleep System <i>Cathy</i>
1-1:45	Partner Yoga <i>Tatjana &amp; Troy</i>	Craft for Kids <i>Carol &amp; Rachel</i>	Talk: <u>About Chi - Thai Bodywork</u> <i>Petra</i>
2-2:45	Open your Hips & Hamstrings <i>Meredith</i>	Yoga for Blokes <i>Harry</i>	Talk: <u>Yoga &amp; Pilates</u> <i>Jojo &amp; Rebecca</i>
3-3:45	Backbending Basics <i>Allison</i>	Yin Yoga <i>Kerry</i>	Talk: <u>The Eight Limbs of Yoga</u> <i>Nigel</i>
4-4:45	Intro. to Purna Yoga <i>Naomi</i>	Chakra Release & Relax <i>Carol</i>	

\* Classes & teachers subject to change.

\*\* In the event of rain some of the outdoor program will be cancelled but most of the schedule will go ahead as planned.

www.sundalah.com.au

Global  
MALA  
PROJECT

INTERNATIONAL PEACE DAY EVENT  
www.globalmala.org

GLOBAL MALA PROJECT SUNDAY 18TH SEPTEMBER  
1pm - 5pm

Seniors Center - 16 Ryan St, Belgian Gardens

*Uniting our community, energy and breath for peace in action*

Global Mala unites the international yoga community in over 50 countries to form a 'mala around the earth'. Through collective practices based upon the sacred cycle of 108, we unite through sacred movement, breath and intension on International Peace Day.

~ May we embrace the value of diversity in yoga & in life ~

1pm for 1.30pm start

*Unity ~ Power ~ Peace*

Join us in 108 Sun Salutations OR 108 Rounds of Mantra OR 108 minutes of meditation.

You can also share these options with a friend or your family. The 1pm briefing will outline all options so you can choose what's best for you!

No yoga experience necessary.

**EARTH & SPIRIT RHYTHM DANCE with Live Music!**

Let go and awaken your inner rhythms through movement and dance with Meredith & Jasmine. A special earth ~ spirit energy connection not to be missed!

*Freedom ~ Celebration ~ Joy*

**SUNSET BLESSING + CHAI**

As a climax to our 2011 efforts we close our Sundalah Sunday Series with appreciation, presence and blessings of happiness to all.

*Gratitude ~ Grace ~ Serenity*

**ONLY 108 tickets available!!!**

Adult pre-paid \$20/\$25 at door (if not sold out prior) Kids \$5

Tickets available at **Sundalah House** - email: sundalah@me.com

**Live and Breathe Yoga** - City Centre

**YogaHealth Townsville** - Currajong or from **Meredith Starke**

*Ticket sales commence 17th July 2011.*

