

LIVE YOUR DREAMS



YOGA TEACHER TRAINING



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Transform Your Life

Our 12 month part time yoga teacher training program will transform your life, deepen your yoga practice and equip you with a new career with which to bring the gift of yoga to others.



Inspire!

This teacher training gives you the skills you need to become a safe, responsible, adept and inspiring teacher so you're guaranteed to have your students coming back for more. The course, with flexible study hours and short weekend sessions, is designed to suit busy students with full time work or family commitments.

Grow!

This course is suitable for those from every yoga tradition. It's not necessary to be at a particular level in your own fitness or asana practice. Irrespective of your personal starting point, you'll enjoy learning and growth in this supportive environment and emerge with a new livelihood or part time passion.

Accredited Course

This accredited course allows you to teach yoga nationally and internationally. You'll be qualified as a Registered Yoga Teacher (RYT 200 accreditation) through the study of anatomy, asana, pranayama, meditation, plus teaching methodology and yogic philosophy. As you learn how to grow your career as a yoga teacher, you'll undergo an in-depth apprenticeship guaranteed to grow your competence so you'll be a confident and inspiring teacher who can lead classes at our studio and elsewhere.

Other Study Options

Do you love yoga and want to explore it more, but not necessarily teach it?

Do you want to know more about yoga philosophy?

Do you want to have a better understanding of the anatomy and alignment of yoga postures?

Are you a yoga teacher who wants to know more about alignment corrections, hands on adjustments or how to structure classes?



Enquire about course units available as individual study units. Please contact us on 02 8904 0202 to discuss your yoga study or email bliss@life-source.com.au

Life Source Yoga & Health
Suite 11, 177-199 Pacific Hwy
North Sydney 2060

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w www.life-source.com.au



WELLBEING AT WORK



WORKPLACE WELLBEING



WELLBEING AT WORK

Wellbeing Solutions at Work

Life Source is ideally placed to help you create wellbeing programs for your staff. We have been providing classes and programs within organisations since 1998.



Yoga, Pilates, Tai Chi, Meditation & Stress Management

Boost motivation and reduce absenteeism with one of these health enhancing and stress relieving options at your work. Participants enjoy the convenience and cost effective pricing plus quality teaching in classes arranged at times to suit your group. Sessions may be wholly or partially sponsored by the company or solely funded by participants. All of our teachers are carefully selected for qualifications and experience and we will match the best teacher to suit your needs.

Proven Results Programs such as corporate yoga have been quantifiably proven to save businesses money in terms of reducing staff turnover, absenteeism, illness and stress leave. Yoga students often comment on improved powers of concentration, greater clarity of mind, better decision-making and improved personal productivity as well as more general feelings of a deeper sense of health and well being.

Events & Seminars Life Source has a great team of inspiring corporate presenters. We run a number of tailored programs that focus on enhancing work performance, health and work/life balance. Give a special spark to your conference, retreat or other special event - ask us how!

Workplace Massage is a fabulous treat for staff who spend long periods of time at a desk and a great way to incentivise performance in the office. Workplace massage is applied through clothing while seated on one of our specialised massage chairs.

Corporate Accounts Available for your staff. Set up an account for staff to take classes on the company or receive a group discount for staff to attend our studio casually. As a bonus, corporate clients receive reduced rates on massage and natural therapies in our clinic.

Our Workplace Wellbeing clients include:

Macquarie Bank, Channel 9, Cisco, Commonwealth Bank, Westpac, CIBC World Markets, SwissRe Insurance, BNP Paribas, Toyota, AGL, Hornsby Council, Employers First, Arnotts, ATO, Holding Redlich, Goldman Sachs and BayCorp Advantage, Vodafone

For more information on how to enhance your staff at work call us on 02 8904 0202 or email calm@life-source.com.au



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GO ON . . . ENHANCE YOUR LIFE

All courses and multipasses are non transferable, non refundable and non extendable. Please do not ask to extend your pass past its expiry date.



GO ON ... ENHANCE YOUR LIFE

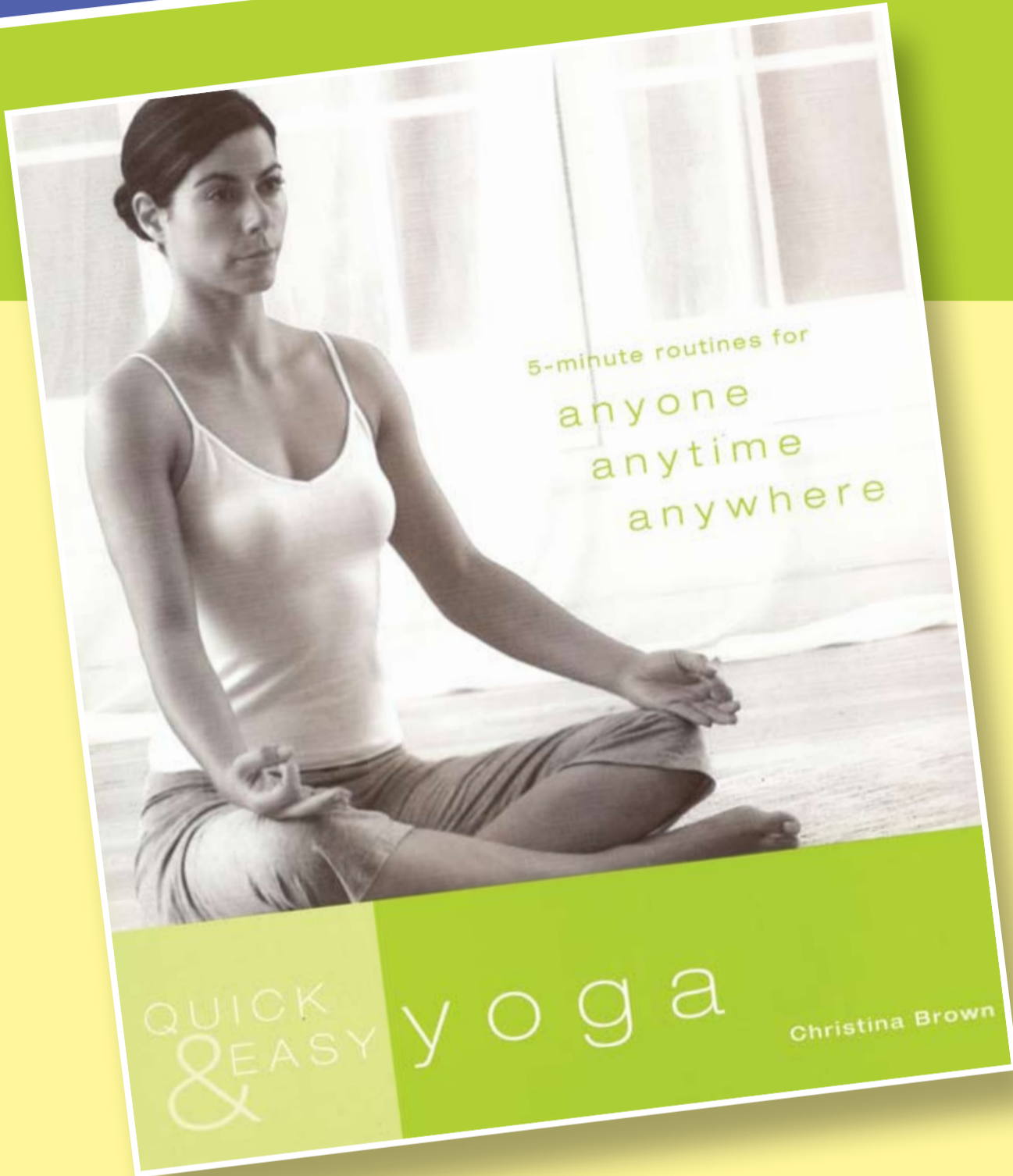
Member no.



Name

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DUE OUT EARLY 2008



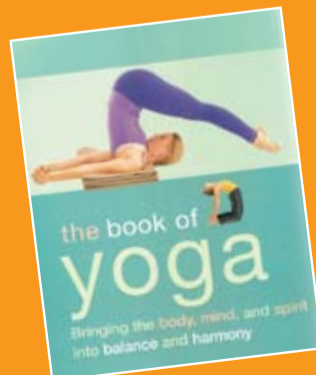
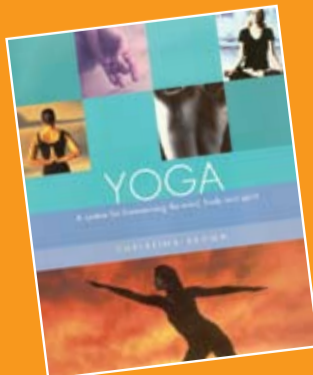
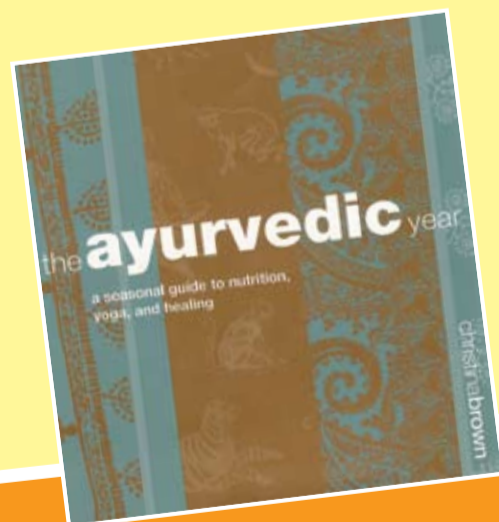
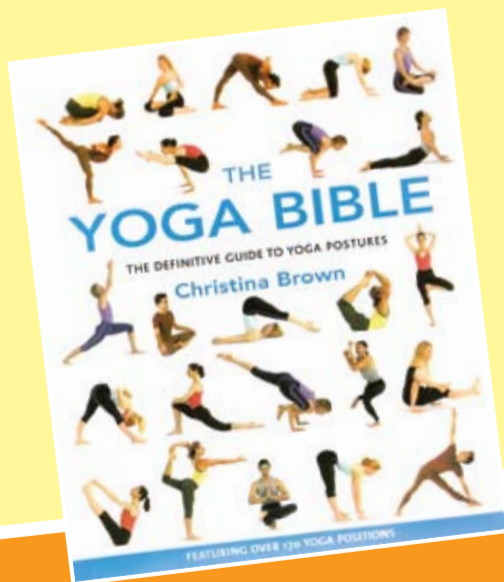
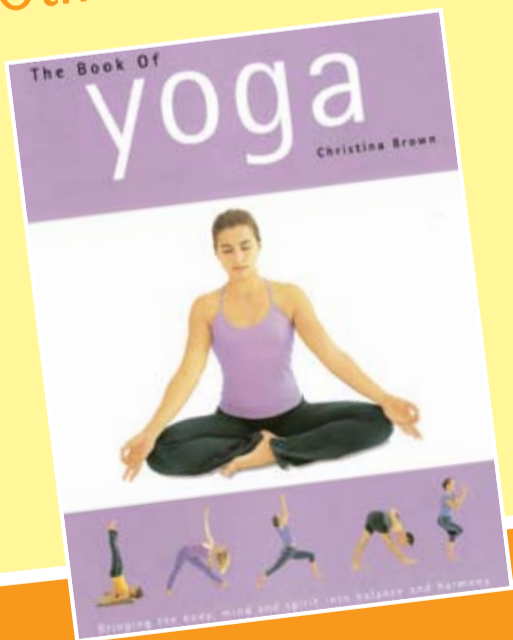
QUICK
& EASY
yoga

A NEW BOOK by
Life Source teacher
Christina Brown



Unwind, energise and
boost health with these
creative yoga sequences
to enjoy in your home

Other titles by Christina Brown





The Life Source Promise

We know you will enjoy your visit because our highest priority is your health, satisfaction and enjoyment.

At Life Source we aim to enhance your life by offering a fabulous environment and the tools to support and empower you on your path.

All our natural therapists are qualified, experienced, ethical, members of their respective professional associations and are passionate about what they do.

As Yoga, Pilates and Meditation have grown in popularity, it can be a challenge to find teachers with the depth of experience to impart the tremendous knowledge contained in these systems. All our teachers are highly qualified, very experienced and have a great love for their arts.



Contact Details

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e bliss@life-source.com.au w www.life-source.com.au



Map of North Sydney

Clinic & most classes
Venue 1:
Suite 11/ 177-199 Pacific Highway,
North Sydney

Some courses are run at our second and third venues

Venue 2:
St Peter's Hall, 181 Blues Point Road,
North Sydney

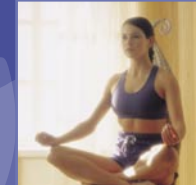
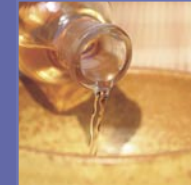
Venue 3:
Ground floor, 7-9 Napier Street,
North Sydney

We are 4 minutes walk from North Sydney train station and near stops to major bus routes.

Parking
There is one hour easily available meter parking at the door. Free parking is easily available from 6pm. 2 hour free parking is available two blocks north in Bay Street.



Hundreds of reasons to visit Life Source
... all of them healthy



- yoga • pilates • meditation
- massage • natural therapies
- private tuition • corporate health

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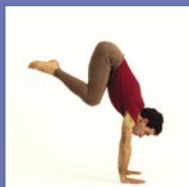
Classes

Our vibrant team of experienced teachers offer Yoga and Pilates drop in classes and courses. Class sizes are limited so you are guaranteed to receive the attention you need.

Whether you start class feeling restless or lethargic, you'll finish fresh and uplifted. Regular attendees experience positive changes in their lives.

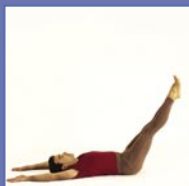


Hatha Yoga combines yoga postures, breath work, and guided relaxation for a practice which leaves you feeling fantastic. This is often the best place to start if you're new to yoga. Those wanting a more intense workout enjoy our **Dynamic Hatha** flow style classes.



Ashtanga Yoga

If you want a lean, toned body then this is the yoga for you! As the muscles are strengthened and toned you'll build stamina and mental focus. This flowing, energy boosting yoga practice provides an excellent all-over body workout and is a great stress buster.



Pilates

Pilates is a set of principles and movements designed to dramatically improve your strength, flexibility, poise and posture. Pilates focuses on core strength while giving your body an all-over work out. The results are amazing. Our students see total changes in their bodies: lean limbs, toned abs and buttocks and better posture.



Prenatal Yoga

Strengthen your body and learn breathing and relaxation skills in preparation for a great labour.



Meditation

Research has consistently proven meditation is able to reduce blood pressure, heart rate, boost immune response, slow down the aging process and lessen doctor's visits. Meditation focuses and quietens your mind and increases your happiness quotient. Our students report their meditations are deeper and come more easily with the support of a group.



Getting Started

Life Source offers 20 daytime, weekend and evening classes weekly. Check out our casual attendance and course timetable on our website: www.life-source.com.au

You may choose to pay as you go or buy a great value multipass. If you need to tone up, calm down or loosen up call us to discuss the best way to meet your goals.

Many people choose to:

- Join a course - we run Beginners Pilates, Meditation, Hatha Yoga and Ashtanga Yoga courses over 6 week terms.
- Buy a New Student Pass - this allows you to try any 5 of our drop in classes at a substantial discount so that you can get a feel for which style best suits you.

Casual Class Attendance

New Student 5 Classes in 3 weeks Pass \$40

- Save \$15 when you buy a 10 or 12 Class Pass within 10 days of finishing your New Student Pass.

Drop in Classes (60/90 mins) \$16/\$18

6 Lunch Classes in 6 weeks \$85 (\$14 per class)

10 Classes in 10 weeks \$150 (\$15 per class)

12 Classes in 6 weeks \$170 (\$14 per class)

Lunch Unlimited Monthly Pass \$135

3 Month Unlimited All Class Pass \$435

- Unlimited Pass holders receive 20% off courses

Wellbeing at Work

Too Busy? We'll come to you!

If your colleagues are tired, tight or just curious, give them some Life Source life enhancement. You'll discover having healthy happy and productive workers is guaranteed to improve business.

Choose from Yoga, Pilates, Tai Chi, Group Training, Meditation & Relaxation classes as well as Massage, and Corporate Health Seminars in the office or at your conference. Call us on 8904 0202.

Natural Therapies

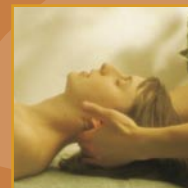
Consult the North Shore's most professional practitioners. As our 12 therapists are registered with their professional associations, health fund rebates are available on many treatments.



Acupuncture & Traditional Chinese Medicine
Corrective Exercise Therapy
Counselling & Coaching
Energetic Healing
Homeopathy
Hypnotherapy
Naturopathy
NLP (Neuro-Linguistic Programming)
Nutrition
Reiki



Call us on 8904 0202 to discuss additional treatments and your treatment needs.



Massage

Life Source offers a wide selection of top quality therapeutic massage. Treat a friend with a gift voucher!



Acupressure
Lymphatic Drainage
Pregnancy Massage
Reflexology
Sports, Pre and Post Event Massage
Swedish & Remedial
Thai Massage
Tuina (Oriental)



Beauty

We have holistic beauty treatments including Beauty & Massage Packages and Beauty & Naturopathy Packages. Give a friend a gift of great skin with a gift voucher.



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w www.life-source.com.au

yoga pilates meditation natural therapies
corporate wellness personal development

Your next appointment:

Date

Time

Practitioner



A fee is charged for cancellations with less than 24 hours notice.

t ⁰² 8904 0202 e bliss@life-source.com.au

TRANSFORM!



YOGA RETREATS

Voted in Australia's Top 3 Retreats

