

Lighthouse Yoga has a high quality reputation for assisting a diverse range of people to enhance their health & well being.

Established in 1996

Shannan Davis has a personalised & friendly style of teaching. She has studied various styles of yoga and meditation over the last 23 years.

Her initial yoga training was in Iyengar Yoga which focuses on skeletal alignment and this continues to influence her classes. It is complimented by study in other bodywork techniques including corrective exercise with the CHEK Institute California, Kit Laughlin's Stretch Therapy, Zen Shiatsu & Feldenkrais. The relaxation techniques are based on Yoga Nidra and meditation on contemplative and mindfulness.

Shannan is trained as a Level 3 Holistic Lifestyle Coach through the CHEK Institute.

Her extensive knowledge is applied in class, where individualised adjustments and assistance is given to each participant.



Class Levels

Classes feature movements to increase strength, balance and flexibility. Classes end with relaxation, breathing and meditation.

BASIC BEGINNERS 1:15 HOUR CLASS

good starting place for beginners or those wanting a gentler class

LEVEL 1 1:15 HOUR CLASS

foundation poses and techniques to improve posture, flexibility and body awareness
6 months prior experience in basic beginners required.

LEVEL 2 1:15 HOUR CLASS

intermediate level at a faster pace with more strength based and complex poses
1 year experienced required.

ANTE NATAL (FROM 13 WEEKS) 1 HOUR CLASS

poses, relaxation, breathing and meditation to aid in a healthy pregnancy, ease of labour and good post natal recovery

POST NATAL (6 WEEKS - BABY CRAWLING) 1 HOUR CLASS

stretching and strengthening poses to look after mother's health in a supportive environment

Please notify the teacher of any health concerns before the class

Lighthouse Yoga
www.lighthouseyoga.com.au



13 Charlton St Exeter

Bookings essential
Phone: 0422 063 795

E-mail: shannan@lighthouseyoga.com.au



Lighthouse Yoga Timetable
Updated 28 November 2018

Monday	9.30 am	Post natal
	6.15 pm	Level 1
	7.35pm	Ante natal
Tuesday	6.00 pm	Level 2
	7.20 pm	Level 1
Wednesday	6.00pm	One-on-one
Thursday	6.00 pm	Level 1
	7.20 pm	Basic Beginners
Friday	9.30 am	Level 1
	11.00 am	One-on-one
Saturday	8.00 am	Level 2
	9.30 am	Level 1
	11.00 am	Basic Beginners

Fees

CASUAL ATTENDANCE

\$16 or \$14 concession
18 and under \$10

PREPAID TICKETS

10 classes over 10 consecutive weeks \$140/\$130 conc.
10 classes over 5 consecutive weeks \$130
5 classes over 5 consecutive weeks \$75/\$67.50 conc.

1-ON-1 SESSIONS (By arrangement)

Program development, posture correction and stress management
\$70/hr minimum 1 hour and \$30 program write-up



Fee Policy

No refunds for missed classes

We do not offer refunds or extensions on the purchases of any classes, prepaid tickets, or for missed classes. There are no ticket extensions for missed classes, prepaid ticket holders are instead encouraged to make-up any missed classes by the expiry dates of their ticket by attending on another day. Make-up classes are permitted when notified in advance by call/email/in-person of intention to miss a class and the make-up must be scheduled in advance with the director. There is no guarantee that there will be space in other classes.

Lighthouse Yoga is not responsible for providing additional make-up classes or issuing any credit for classes missed as a result of scheduling conflicts, vacations, illness, emergencies, or other circumstances beyond our control.

Cancellation of classes by Lighthouse Yoga

Lighthouse Yoga reserves the right to cancel classes. Participants will be informed as soon as possible and any fees paid will be refunded in full, or a credit for another class will be offered.

Prepaid ticket holders will have their tickets expiry dates extended if their regular class is affected by public holidays or other class cancellation.

Payment Methods

Payment options are cash, cheque and EFT. Please make cheques payable to Shannan Davis.

Electronic Funds Transfer Details:

BSB: 805 - 050

Account Number: 61774526

Account Name: S.K. Davis

Please put your surname in the reference field so I know who has made the payment, and email shannan@lighthouseyoga.com.au to let me know.

Heat Policy

Classes will not be cancelled on days of extreme heat, the room will be cooled and routines altered.

Useful Information

Lighthouse Yoga operates out of a studio at the back of 13 Charlton St, Exeter. To access please make your way down the driveway through the gate to the studio, keeping noise to the minimum.

Parking is not permitted on Charlton St, compliance is vital for the continuation of the studio. Harris and Light streets provide the most convenient parks. There is a bike rack provided by the door of the studio.

Wear comfortable clothes that stretch, layers are preferable in cold weather.

Yoga is practised in bare feet so please leave your shoes at the door and ensure your feet are clean, socks are ok.

Please switch your mobile phone off before entering the studio. Bags and personal belongings can be left inside the studio.

Summer 2018 - 2019 Dates

Summer 2018 - 2019		No classes on these dates	
	Monday	24, 31 December	
	Tuesday	25 December, 1 January	
	Thursday		
	Friday		
	1 December 28 February	Saturday	

Mahatma Gandhi:

Happiness is when what you think, what you say, and what you do are in harmony