

Yoga timetable

SUMMER | AUTUMN STUDIO AND ONLINE 2025

Online classes are being updated every week with a variety of styles to suit the all levels



MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
<p>SESSION TIMES AVAILABLE SEE FULL SERVICE LIST FOR DETAILS</p>	<p>6.00am - 6.40am Vinyasa Flow Yoga STUDIO & VIRTUAL CLASSES via Zoom or receive recording</p>	<p>SESSION TIMES AVAILABLE SEE FULL SERVICE LIST FOR DETAILS</p>	<p>6.00am - 6.40am Core Power Yoga STUDIO & VIRTUAL CLASSES via Zoom or receive recording Builds strength, courage and endurance</p>	<p>7.30am - 8.10am General Yoga STUDIO & VIRTUAL CLASSES via Zoom or receive recording</p>
<p>9.30am -10.30am Vinyasa Flow Yoga STUDIO & VIRTUAL CLASSES BOTANICAL GARDENS WEATHER PERMITTING via Zoom or receive recording</p>	<p>6.45am-7.20am Transference healing® MEDITATION IN STUDIO Available online or recording</p>	<p>9.30am - 10.30am General Yoga STUDIO & VIRTUAL CLASSES via Zoom or receive recording</p>		
<p>FRIDAY 31ST JANUARY TEACHINGS OF MOTHER MARY WORKSHOP 9.30 AM - 1.30 PM</p>	<p>BRIGHT RETREAT 14-16 FEBRUARY</p>	<p>10.45am Transference healing® ALTERNATING WEEKS ALCHEMY HEALING GRID SACRED CIRCLE OF FIRE Online and in Studio Available</p>		
<p>BOOST YOUR CONNECTION Alchemy crystal sound bowls 1 session Group sessions Business and land clearings</p>			<p>FUNDAMENTALS TRANSFERENCE HEALING TRAINING 18-20 FEBRUARY BENDIGO 1-3 MARCH BENDIGO</p>	

- Summer Yoga
- Core Power Yoga
- Vinyasa Flow Yoga
- General Yoga
- Transference healing ®
- Chakradance
- Kundalini yoga & crystal bowl sound healing
- Group Mentoring
- Combo yoga/HIIT class
- Meditation

KEY

ONLINE
Online Subscription

VIRTUAL CLASSES
Book your class ZOOM

STUDIO
131 Lloyd street East Bendigo Vic 3550

CONTACT
Peita Carter 0409 855 835

FOR FULL SERVICE LIST AND BOOKINGS
<https://rawelements.as.me>

POPULAR SERVICES LIST

Transference Healing l®	
Meditation classes	\$22
Sacred Circle of fire	\$35
Weekly pass - Yoga	\$55
1:1 Yoga Session	\$80
Personal Training -	\$80
1 hour Group Mentoring Session	\$80
Foot Ionic Detox - 45 minutes	\$90
Alchemy Sound Bowls session	\$120
7 planes of Transformation	
Transference Healing ®	\$310
Fundamentals & Advance	
Transference Healing ®	\$250
Workshops	\$445
Chakradance 1:1	\$100
10 pass pt or yoga 1:1 session	\$750

PRICES

Unlimited pass - Yoga classes - Weekly	\$55
10 pass (valid for 12 weeks) - \$20 per class	\$200
7 planes of transformation transference healing session® (2 hours)	\$310
Fundamentals & advance transference healing® (1-1.5 hours)	\$250
Personal One on One Yoga Session Virtual (30 minutes)	\$55
Personal One on One Yoga session Virtual (45 minutes)	\$70
Personalised One on One Yoga Session (1 hour)	\$80
Family yoga session Pass (1 hour or 30 min sessions)	\$90
Group bookings : Corporate (1 hour) minimum group of 4	\$120 min cost
Prices range depending on group size.	

CHAKRADANCE

Chakradance (Studio) (1 hour)	\$35
Chakradance Session (Private one on one) (1 hour)	\$100
Chakradance Session (Private Group max 4) (1 hour)	\$110

Cost includes creative art materials Note: The Thursday closest to the full moon each month.

SUMMER | AUTUMN ONLINE Timetable - February 3rd - May 31st

Please note: Your class pass starts on the day of your purchase. You will receive a confirmation text confirming the date of purchase, and a text notifying when you only have 4 classes remaining on your pass, and two weeks before expiration.

Yoga classes to suit all levels of fitness.

yoga style descriptions

Private and personalised yoga lessons

Private yoga lessons or individuals or small groups allow you to receive specific personalised instruction and assist you to improve your yoga and relaxation techniques at your own pace. It will give you a solid foundation on which you can build your yoga practice. Please contact Peita regarding your needs and requirements.

Energised

This beautiful style of yoga incorporates a series of poses that activate each of the chakra energies. After each pose you are granted space to witness the energies that unravel. Leave the class feeling energised, connected and centred. A beautiful way to start your day.

Hatha Yoga (all levels)

The foundation of many other methods of yoga. A practical and timeless science, Hatha Yoga is profoundly effective in easing the stresses of modern living. The combination of thoughtfully designed postures (asanas), breathwork and relaxation helps you to sustain a healthy and balanced lifestyle.

Vinyasa Flow Yoga (intermediate)

Also called flow yoga because it directly focuses on "breath-synchronized movement." Vinyasa yoga is often faster paced, and the asanas (postures) are linked together in a series of movements that are synchronized with the breath. Much emphasis is placed on the breath and the transition in and out of the asanas. The continual movements, from one pose to another, gives you an added cardiovascular benefit, which more traditional forms of yoga do

not have. The routine practice of Vinyasa yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

Yin (all levels)

Yin yoga is a gentle, calming, therapeutic kind of yoga that uses props to support the body as it eases into relaxation and balance, while gently stretching and strengthening the body. This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. All levels welcome including students working with injury, or sensitivity.

Gentle Yoga (all levels)

Rebalance and restore with this gentle but steady practice to reset your mind and body. We will utilize the props for support, get grounded and melt tension. It is structured around healing and rejuvenating and is suitable for all levels of Yoga looking for a slower paced class.

Kids Yoga (All levels, ages 3-14)

Ignite your child's inner spark by nurturing and encouraging them to believe in themselves and find their true potential. Through music, dance, stories, games, relaxation and meditation kid's yoga classes are a terrific introduction for children to learn about balance, breath and well being in a supportive and non-competitive environment.

Prenatal/Postnatal (all levels)

The practice of Yoga, linked with the breath will bring awareness to your body, mind and spirit, and help you connect with your growing baby. The postures help to strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. They will also alleviate many of

the discomforts of pregnancy such as nausea, constipation, varicose veins, swelling, back pain and sciatica. Inside you is an innate wisdom that intuitively understands the natural process of birth. We help you reconnect with this wisdom, guiding you through a class specifically designed for the ever-evolving journey through pregnancy, to the birth of your child. No prior yoga experience necessary.

Yin/Yang Yoga (intermediate)

This class begins with Yin Yoga, a passive form of yoga that helps move Chi through the meridian lines, and over time stretches the deeper connective tissues of the body. It then moves into a strength building practice with a focus on slow flow and alignment.

Corporate yoga and Mindfulness classes

Yoga and mindfulness practices are great for lowering stress levels, lowering absenteeism and increasing morale within your employees, plus encourages team building and leadership. Research has shown that the introduction of yoga practice and mindfulness in corporations has improved productivity, concentration, creativity and overall health of employees in the workforce.

Power yoga (intermediate)

Will torch calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. The dynamic mix of sweat and spirit that is cultivated in this class will challenge you to step up to your edge, and unlock your hidden potential for achieving authentic personal power and living an extraordinary life. Focus is placed on evolving our bodies, mind and connecting deeper to our spirituality.