



## Lighthouse Yoga

has a high quality reputation for assisting a diverse range of people enhance their health & wellbeing through Yoga.

**Established in 1996**

**Teacher: Shannan Davis** With a passion for science, systems and problem solving. Shannan's classes aim to educate to achieve ease of movement, and facilitate healthy personal connections - both within themselves and their community. She is a grounded, practical and approachable teacher who has a breadth of teaching experience informed from multiple disciplines that is readily adapted to various settings and a broad range of people.

**Training:** her founding training was Iyengar Yoga with Shandor Remete, then she branched to train with Kit Laughlin (Stretch Therapy); Paul Chek (Holistic Lifestyle Coaching to level 3 Postural Assessment and Corrective Exercise), and recently with Yoga Synergy (Anatomy for Yoga). Her personal study includes Ashtanga and Satyanada Yoga; Rolfing Structural Integration: Buddhism and various forms of relaxation and meditation.

Shannan fundamentally believes in transferring knowledge and understanding to deepen your personal Yoga practice. She believes Yoga is not meant to be taught in a 'one size fits all' approach but needs to be adapted to the individual. Her classes are both serious and fun, and she takes pride in, and enjoys her role in assisting people to discover how Yoga can add quality to their lives.



## Class Style

Classes aim to improve posture, create mobile, strong, relaxed bodies and minds. They are movement based concluding with relaxation, breathing and meditation.

Movements include a mix of slow stretching and strengthening. With focus on building skills at your own pace.

- Lower levels are mainly stretch classes.
- Higher levels include more flowing poses and strengthening movements.

## Classes

### **BEGINNERS** 1:15 HOUR CLASS

Good starting place for beginners or those wanting a gentler class with lots of stretching.

### **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.

### **INTRODUCTORY COURSE 5 WEEKS** 1 HOUR CLASSES

Covering fundamental movements for good posture and spine health; safety in movements; relaxation and meditation. **Next Course starts Feb 6 2025**

*Please notify the teacher of health concerns before the class*

## Lighthouse Yoga



13 Charlton St, Exeter

**Bookings essential**

Phone: 0422 063 795

E-mail: [shannan@lighthouseyoga.com.au](mailto:shannan@lighthouseyoga.com.au)



## Lighthouse Yoga Timetable

Updated 20 January 2025

Monday	9.15am on hold until July	Level 1
	6 .00pm	Level 1
Tuesday	6.00pm	Level 2
	7.20pm	Beginners
Wednesday	5.30pm - 7.00pm	One-on-one
Thursday	6.00pm	Level 1
	7.20pm	Introductory
Friday	9.15am	Level 1
	11am on hold until July	Beginners
Saturday	7.45am	Level 2
	9.00am	Level 1
	10.30am	Stretch and relax

## Fees

### **CASUAL ATTENDANCE**

General classes \$22 or \$20 concession

### **PREPAID TICKETS**

For general classes only

10 classes over 10 consecutive weeks \$180

10 classes over 5 consecutive weeks \$160

5 classes over 5 consecutive weeks \$100

### **COURSES AND WORKSHOPS**

5 week course \$105

2 hour workshop \$55

**1-ON-1 SESSIONS** (By arrangement)

Program development, posture correction and stress management

\$75/hr minimum 1 hour and \$35/hr program write-up



## Useful Information

**Access** LHY studio operates out of private residence at 13 Charlton St, Exeter. Please contact Shannan for access details

Wear **comfortable clothes** that stretch. Layers are preferable in cold weather. Yoga is practised in bare feet. Leave your shoes at the door and ensure your feet are clean.

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

## BYO

**Mats and towel** . Mats are no longer supplied. Please bring your own **mat** and a towel.

**Bookings** **The studio is small and spaces limited so please book and prepay** before class call or text 0422 063 795 or email [shannan.davis.yoga@gmail.com](mailto:shannan.davis.yoga@gmail.com)

## Payment Methods

Payment options are cash and EFT

Electronic Funds Transfer Details:

BSB: 805 - 050

Account Number: 61774526

Account Name: S.K. Davis

Please put your name and date of class in the reference field, and email [shannan.davis.yoga@gmail.com](mailto:shannan.davis.yoga@gmail.com) the payment notice.

## 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. Prepaid ticket holders are instead encouraged to make-up any missed classes before their ticket expiry dates by attending on another day. Please contact us in advance to notify your absence to scheduled in your catch up session.

Lighthouse Yoga is not responsible for providing additional make-up classes or issuing any credit for classes missed as a result of 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 or a refund offered for the remaining classes

## Heat Policy

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



## Schedule Break 2025

January

Mon 27th only 6pm class

March

Mon 10th TBC 9.15am class only

April - Easter break

No classes 19th to 25th. Resume Mon 28th



*Yoga means union.*

*Doing Yoga is a time to pay attention to who you are, how you operate and to develop self understanding. From there you can work on building a better you; with self compassionate, a rational and productive internal dialogue, which forms the basis of your relationships with the world.*