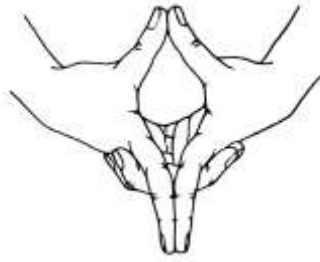


Location + Timetable + Fees



Satyam Yoga School

Location

Timetable & Fee's

2012



Location: The physical address of the school is located in Melrose at the end of Tottenham Rd where it intersects with Jellico Rd.

Note: The Satyam Yoga School has its own room dedicated to yoga that is leased from St Vincent's. We are located inside the grounds of St. Vincent's School for the Deaf and the entrance to St Vincent's is at the end of Tottenham road.

Studio: The yoga studio is located inside the grounds of the St Vincent School for the Deaf. Parking for the students is inside the school grounds on the tennis court only during the day and at night you can park anywhere inside the grounds. The tennis court is located just inside the main gate of St. Vincent's School on left-hand side. The pedestrian exit is through the small gate in the North West corner. The Yoga classroom is located in the large building directly in front of the small gate.

Directions to the School: There are various options depending on your direction of travel.

<p>From Sandton:</p>	<p>Travelling down Rivonia Rd into Oxford Rd past Corlette towards Rosebank.</p> <ul style="list-style-type: none"> • Continue on Oxford passing the Hyatt hotel which is on the right at the corner of Oxford and Jellico Rd. • Look for the Courtyard Hotel on the left (<i>the next large building after the Hyatt</i>) and turn left into Tyrwhitt. • Turn next left into Tottenham and the St Vincent's School is at the end of the street. 		
<p>From M1 Highway:</p>	<p>Take the Glenhove exit from the M1 highway and turn right into Glenhove so that you are travelling towards Rosebank.</p> <ul style="list-style-type: none"> • Once you are clear of the M1 free way and travelling along Glenhove you will pass through a set of traffic lights (The Greek Orthodox Church is a landmark on the left hand corner at these traffic lights). • After you have travelled through these robots take the second turn right into Jameson Rd and follow this road. • You will pass through a circle and over a speed hump until you reach the 3rd intersection which is Jellico Rd. • Turn left into Jellico and the main gate to St. Vincent's is at the end of Jellico on your right. 		
<p>GPS Coordinates</p>	<p>Decimal</p>	<p>Directional</p>	<p>Garmin</p>
<p>Latitude</p>	<p>-26.1414°</p>	<p>S 26.1414°</p>	<p>-26° 8.484'</p>
<p>Longitude</p>	<p>28.0456°</p>	<p>E 28.0456°</p>	<p>28° 2.736'</p>

Timetable

Timetable: The timetable below is for all of the classes that are available to the public. In addition to the classes we also have a range of courses that provide a more intensive training. Students who require private lessons should contact us by email if you wish to make an appointment. Enquiries are always welcome and we will try to accommodate a new class if there is a demand.

- **All classes** are 1 ½ hours except for the Sadhana Kriya Yoga Classes which are 2 hours on a Monday evening and may be longer on a Saturday morning.
- **Dharma Course:** A talk and discussion hosted on the first Saturday of each month. This course is part of the Sadhana class and all contract students can attend. Students who are not contracted to the school by a debit order can attend at a fee (R150).
- **ITY Workshops:** The ITY course for beginners includes one workshop intensive on the *last Saturday* of each month. This workshop is essential as it here that students will learn the correct method of practicing the techniques of Asana, Pranayama and Dharana.
- **ITY Classes:** These are part of a carefully constructed course for beginners and new students to the school.
- **Private consultations** are usually 1 ½ hours with the first consultation being 2 hours. The benefit of private lessons is that you receive personal attention and can progress at your own pace. We will create a program for you to address your personal needs. You can arrange for personal training or remedial yoga classes by appointment. Swami Yogasagar teaches all private classes.

Teachers: All teachers have been trained and qualified by Swami Yogasagar. The teacher who will be responsible for each class is written below each class time. If required on occasion they may request another teacher to replace them.

	Early Morning	Mid Morning A class suitable for anyone.	ITY A course for Beginners	Sadhana Kriya Yoga Experienced Students	ITY Workshops (a 4 hour intensive)
Monday		8:00 to 9:30 (Odelle de Wet)		18:00 -20:00 (Swami)	<i>Swami Yogasagar will facilitate and teach all ITY workshops. Teacher Trainees may also attend these workshops.</i>
Tuesday	06:00-07:00 (Swami)		18:00 -20:00 (Swami)		
Wednesday		8:00 to 9:30 (Odelle de Wet)			
Thursday	06:00-07:00 (Swami)		18:00 -20:00 (Frances Taylor)		
Friday					
Saturday				08:00 to 11:00 (Swami) <i>Important: This class will be modified on the last Saturday of each month to accommodate the ITY workshops.</i>	

Fee Schedule: There are two basic fee structures for classes held at the school. The first is cash (a higher rate) for casual students and the second alternative is a contract debit order (lower rate) for students who agree to a 12 month contract with the school. Private classes can be arranged by appointment at the school or at your home. The fees for private classes are accepted in cash.

Description	Fee
<p>Cash Fees: The cash fees are for students who cannot commit to regular attendance or prefer to remain free of any commitment to the school.</p> <ul style="list-style-type: none"> • Casual: <i>(each class attended)</i> • Monthly: <i>(unlimited access to all classes)</i> • Private Tuition: <i>(see detailed price structure below)</i> 	<p>R 90 per class R 550 R 350 per hour</p>
<p>Contract: All ITY students must sign a contract as a member for 12 months. New students with experience can also join this school as members and receive generous discounts on fees and all sales items. The membership requires students to sign a twelve month contract and debit order which is controlled from the school's banking system.</p> <ul style="list-style-type: none"> • Contract Debit Order: unlimited access to all classes 	<p>R 450 per month</p>
<p>Private Tuition: The benefit of private lessons is that you receive personal attention and can progress at your own pace. We will create a program for you to address your personal needs.</p> <p>Fee: The minimum charge is one hour. The following fees apply.</p> <ul style="list-style-type: none"> • First Consultation: Includes assessment and discussions. The total time required may be anything from 2 hours to 2 ½ hours. • Hourly charge • Full Lesson: A full lesson will normally last 1 hour 30 min <p><i>NOTE: You should try to create space for a complete class of 1 hour 30 min but if you have to fit into a schedule then a min of 1 hour is required.</i></p>	<p>R 500 R 350 R 400</p>
<p>Travel Charges: Private Sessions may incur the travel time if your home is more than 15klm from Rosebank CBD and shall be charged at an hourly rate plus mileage for the car.</p> <ul style="list-style-type: none"> • Hourly rate for travel • Rate per klm 	<p>R 200 R 2.60</p>