

May this New Year bring happiness and joy for you and others, and peace in the world. 謹賀新年  
 I'm so lucky to have you in my life. We appreciate your cooperation last year.  
 I look forward to learning and practice Oki-Do Yoga VIC with you this year. So any situation we  
 need to have a clear mind and warm heart during this time. By Yuko Izumi Inadera 合掌Gassho  
 January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				1	2	3 JY10-10:30am	
4 Y 7:30-8pm	5 Y 6:15-6:45am Y 6-6:30pm / 6:40-7:10pm	6 Y 7:30-8pm	7	8 Y 6:15-6:45am	9	10 JY H(1)7:30-8pm	
11 Y	12 Y Y	13 GY 9-9:30am Y	14	15 Y	16	17 JY H(2)	
18 Y	19 Y Y	20 GY Y	21	22 Y	23	24 JY H(3)	
25 Y	26 Y Y	27 GY Y	28	29 Y	30	31 JY H(4)	

**GY [gentle Yoga for physical weak person, senior age & supporter]** Wednesday 9-9:30am \$12  
 Aim is the function of internal organs better · Muscle maintenance. · The activation of the brain. We'll do  
 Oki-do exercises suitable for these.

**JY [Yoga by Japanese language]** Sunday 10-10:30am

**H HEALING** 7:30-8pm Sunday \$ 18 per class / \$70 4classes Sunday 7:30-8pm

SELF CONDITION MANAGEMENT ; (1)10<sup>th</sup> Shiatsu (2)17<sup>th</sup> Sotai movement (3)24<sup>th</sup> meditation[connect  
 between body & mind] (4)31<sup>st</sup> Oriental movement & macrobiotic Healing

**Y MORNING** ~ Tuesday & Friday 6:15-7:45am

**EVENING** ~ Monday, & Wednesday 7:30-8pm and Tuesday 6-6:30 / 6:40-7:10pm

We are planning a cooking class or a special class. **C** \$25 *Cooking classes will be available upon your  
 request.[3-8] Ginger Rice / Enoki mushroom Japanese dish / healthy dressing*  
 Don't miss it! To be prepared; coming soon.

Oki-Do classes by zoom are 30minutes. These classes can be 1H by request, too.

For access to classes Zoom : contact Centre/Yuko by email, phone

□□ send link 5minutes before class.

Payment: IZUMI INADERA BSB:083-231 Acct No:46-035-0589 合掌gratitude

Welcome private consultation with Yuko [Izumi] Inadera use Zoom or skype

For correction body, for stress , diet advice. Also private class is available. Special Yoga /  
 Macrobiotic cooking or healing / body work, etc.

沖道ヨガ Oki-Do Yoga & Healing VIC 995 Glen Huntly Rd, Caulfield, VIC 3162

[www.okido.org.au](http://www.okido.org.au) Gassho 合掌 ☎03 9534 2665/0466 256 191 [infookidovic@gmail.com](mailto:infookidovic@gmail.com) /  
[yukoizumi09@yahoo.com](mailto:yukoizumi09@yahoo.com) Face book - oki-do yoga & healing vic