

Albany Summer School 2022  
St Joseph's College - Martin Road, Albany  
**STUDENT REQUIREMENT LIST**

**204**

**Yoga Therapy – Movement and Restoration**

*4<sup>th</sup> – 7<sup>th</sup> January 2022 – 1.45pm – 4.45pm*

*Please note week 1 courses are only for 4 days*

Tutor: Ilona McGavock

**You Need to Supply:**

- Yoga mat
- Bolster if you own one
- Small blanket or towel
- Water to drink
- Pen and paper for writing notes,
- Snacks if required

**Safety Equipment:**

None required

**Costs Payable to Tutor:**

USB with yoga movements \$10

**Photographs/video may be taken of students during the Albany Summer School. These may be used in publicity and promotion in print, electronic media and the School's website. If you have any objections, let the Committee member know.**

**State regulations require that all electrical equipment which needs to be plugged into the mains power has to be tested and tagged by a qualified person. Please ensure any electrical equipment is properly tested and tagged before attending Albany Summer School.**