

# STUDENT STRETCH

## STUDENT STRETCH 2020

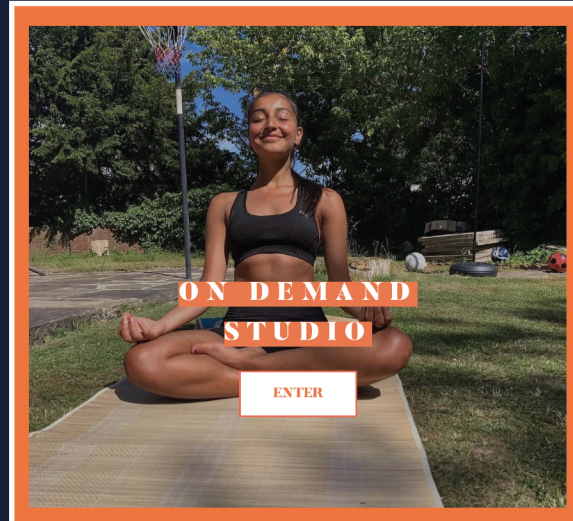
CHECK OUT OUR LIVESTREAM SCHEDULE  
AND OUR ON DEMAND VIDEO LIBRARY

### LIVESTREAM



8+ LIVESTREAM  
CLASSES PER WEEK  
Vinyasa, Power,  
Recover & Restore & deep flow.

### ON DEMAND



NEW CONTENT ADDED WEEKLY  
Vinyasa, Power, Recover &  
Restore, Deep flow & Meditation.

### BEFORE BED

'Before bed' - 15/20min floor based sessions,  
focusing on open, de-stressing & stretching specific  
areas of the body. Sessions aim to reset & relax  
- ready for the ultimate recovery sleep!

# STUDENT STRETCH

## STUDENT STRETCH FRESHER

### LAUNCH PACK

CONNECTING STUDENTS THROUGH YOGA,  
MOVEMENT & MINDFULNESS.  
WEEKLY ONLINE CLASSES AT YOUR FINGERTIPS

### FRESHERS WEEK

## UNLIMITED FREE LIVESTREAM CLASSES

1 - Go to [www.studentstretch.com](http://www.studentstretch.com)

2 - Make a free account  
- use a Uni/college email

3 - Apply your fresher code at checkout

4 - 15min before class a link & playlist  
is sent to your email.

5 - You are ready to stretch to de-stress

\*Only valid on single drop-in classes. Not valid on packs & plans

FOLLOW US @STUDENTSTRETCH [WWW.STUDENTSTRETCH.COM](http://WWW.STUDENTSTRETCH.COM)

# FRESHERS WEEK

## SCHEDULE

| MON                                 | TUE   | WED                         | THU                                   | FRI                                 | SAT                         | SUN   |
|-------------------------------------|---|-----------------------------|---------------------------------------|-------------------------------------|-----------------------------|---|
|                                     | 7:45 - 8:30AM<br>FOUNDATIONS<br>FLOW            | 7:45 - 8:15AM<br>MEDITATION | 7:45 - 8:30AM<br>DEEP FLOW            | 7:45 - 8:30AM<br>DYNAMIC<br>VINYASA | 9:00 - 9:45AM<br>POWER YOGA | 10:00 - 10:45AM<br>ADVANCED<br>DYNAMIC<br>VINYASA               |
| 6:30 - 7:15PM<br>DYNAMIC<br>VINYASA | 6:30 - 7:15PM<br>ADVANCED<br>DYNAMIC<br>VINYASA | 7:45 - 8:30PM<br>POWER YOGA | 8:45 - 9:30PM<br>RECOVER &<br>RESTORE |                                     |                             | 8:30 - 9:30PM<br>GONG (SOUND)<br>MEDITATION<br>WITH IO PROJECTS |

### GUIDE TO GET THE BEST OUT OF YOUR PRACTICE

- 1 - HOME STUDIO - Find a calm, quiet place that you can focus for your class.
- 2 - SAFE PRACTICE - Non-slip floor & clear the area around you to avoid falling or tripping over dangerous objects.
- 3 - LISTEN TO YOUR BODY - We ask you practice safely, if something doesn't feel good for your body - don't do it!!
- 4 - PROPS - Don't have yoga props, then get creative with text books & pillows.  
(Please pick objects carefully. Objects that won't cause injuries or be unstable)
- 5 - WATCH & LISTEN - Watch & listen to our classes via your laptop, phone or tablet.

# WHAT'S ON

# IN TERM TIME

# LIVESTREAM

## LIVESTREAM TERM TIME CLASSES

### DYNAMIC VINAYASA

6:30PM MONDAY & TUESDAY  
7:45AM FRIDAY

### RECOVER & RESTORE

8:45PM THURSDAY & SUNDAY

### POWER YOGA

7:45PM WEDNESDAY  
9AM SATURDAY

### DEEP FLOW

7:45AM THURSDAY

### FOUNDATIONS FLOW

7:45AM TUESDAY (BI - WEEKLY)

### ADVANCED DYNAMIC VINAYASA

SUNDAY 10AM (AH HOC)

# ON-DEMAND

COULDN'T MAKE A CLASS?  
TRY OUR ON-DEMAND STUDIO.  
RECORDED CLASSES & SHORTER SWITCH-OFF SESSION, AS SKILLS VIDEOS  
& FURTHER LEARNING RESOURCES.

**YOGA      MEDITATION      RESTORATIVE**

ALL CATEGORIES - DROP-IN

**45MIN - DYNAMIC VINAYASA WITH HANNAH**      **45MIN - POWER YOGA WITH MIRIAM**      **45MIN - RECOVERY & RESTORE**      **45MIN - DEEP FLOW WITH VERONICA**

**45MIN - POWER YOGA WITH**      **45MIN - POWER YOGA WITH**      **45MIN - DEEP FLOW WITH**      **45MIN DYNAMIC VINAYASA**

# STUDENT STRETCH 2020



APPLY TO BE A STUDENT REP

WE WOULD LOVE TO HEAR FROM YOU IF YOU ARE INTERESTED IN JOINING OUR STUDENT REP TEAM.

COMPLETE THE FORM HERE

THANKS FROM THE STUDENT STRETCH TEAM

[www.studentstretch.com](http://www.studentstretch.com)