



Stephanie Quirk Pranayama Classes

How to Purchase Class Recordings

1. Go to the Library of Recordings page from Stephanie's website using this link - <https://www.stephaniequirk.com.au/library-of-recordings> and the page below will be provided. Find the series that you wish to purchase and select the link provided as per the **blue** box below.

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Library of Recordings

Stephanie has a library of recorded workshops and pranayama classes that have been held periodically since early 2020. A list of the workshops and pranayama classes, including a link for rental are provided below.

Pranayama Classes

Introduction to Pranayama

7 x 1 hour classes providing an introduction to Pranayama.

Rent for 7 weeks for \$140 from [Marrickville Yoga](#).

Viloma Series

5 x 1 hour classes focussing on Viloma Pranayama

Rent for 5 weeks for \$100 from [Marrickville Yoga](#).

Awareness of Breath Series

5 x 1 hour classes focussing on the awareness of the breath.

Rent for 5 weeks for \$100 from [Marrickville Yoga](#).

1st Thread 2022 - Breath Aware Series

7 x 1 hour classes focussing on breath awareness.

Rent for 7 weeks for \$140 from [Marrickville Yoga](#).

Guided Pranayama Practices

6 x 1 hour Guided Pranayama Practices.

Rent for 6 weeks for \$120 from [Marrickville Yoga](#).

2nd Thread 2022 - Gati Vicchedah Series

18 x 1 hour Pranayama classes. Gati vicchedah- this line is from YS. 2.49, the first of the pranayama sutra. We are studying the gati or movement, and vi-cchedah. Chedra means to cut, like a sword cuts, but here the prefix vi adds and brings division, distinction, distribution, arrangement, order, opposition, or deliberation.

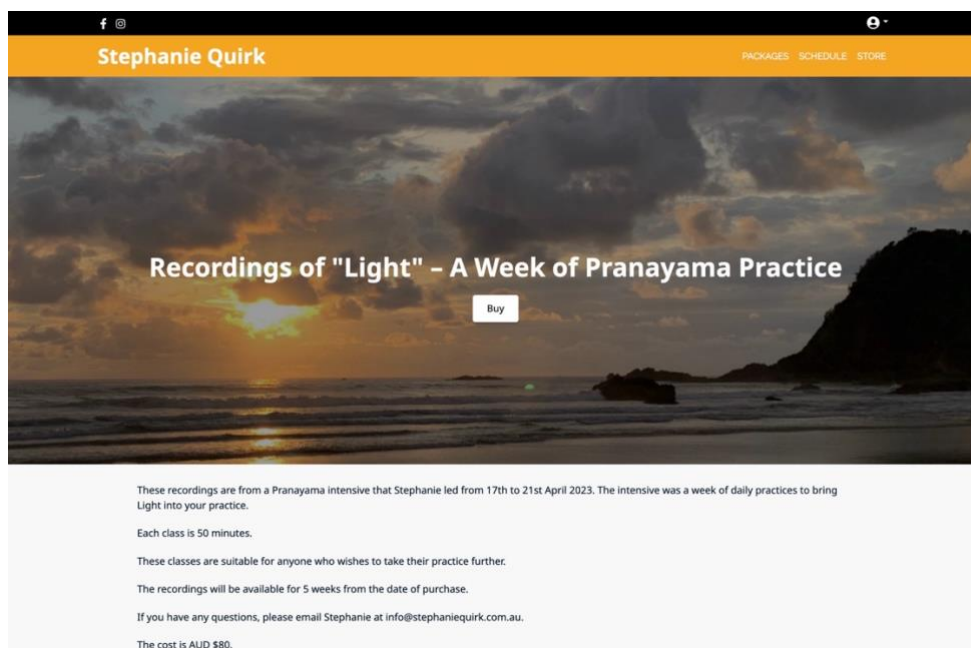
Rent for 18 weeks for \$360 from [Marrickville Yoga](#).

"Light" - A Week of Pranayama Practice 17th - 21st April 2023

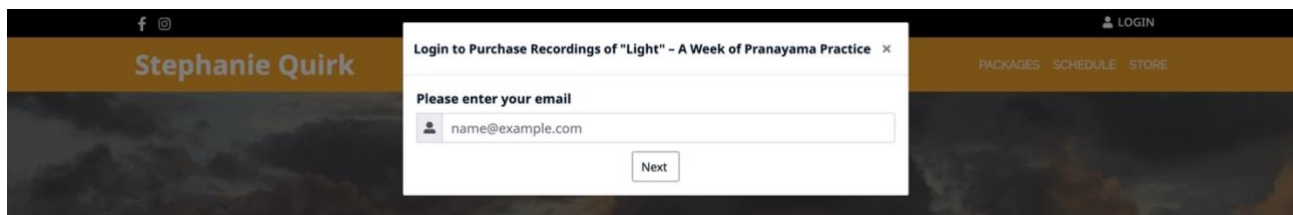
5 x 50 minute classes to bring "Light" to your Pranayama Practice.

Rent for 5 weeks for \$80 using this [link](#).

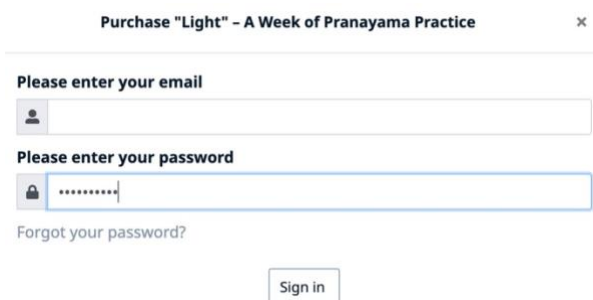
2. The screen below will be provided. Please select Buy.



3. The screen below will appear. Please input your email address and select Next.



4. If you already have a profile on Booking Tree for this email address, the screen below will appear. Please input your password and select 'Sign in'. **Please now go to Step 7.**



5. If you don't have a profile in Offering Tree, the screen below will appear. Please input the details and select Agree & Continue.

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Please enter your email

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By signing up, I agree to the Terms of Use & Privacy Policy of the hosting platform.

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OfferingTree Team Thursday, 4 May at 1:18 PM ↩️ ⋮

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7. The screen below will appear. Please select 'I agree to the terms & conditions' and select Next.

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Order Summary

Price:	A\$80.00
Fees:	A\$1.52
Total:	A\$81.52

Use a different name for payment

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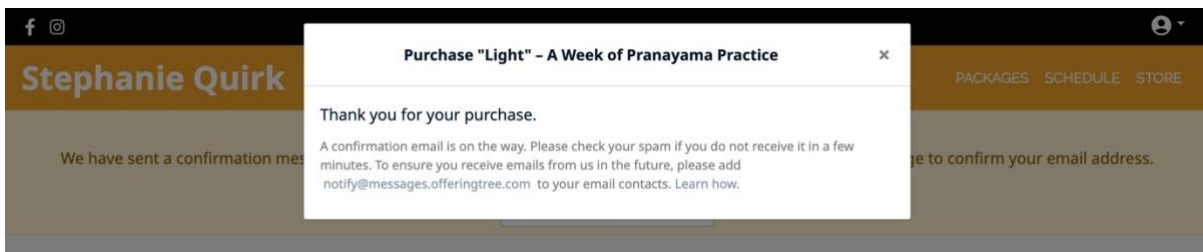
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10. A confirmation email like the one below will be sent to your email address:

Stephanie Quirk

Tuesday, 18 Apr at 1:55 PM



Thank you for purchasing "Light" – A Week of Pranayama Practice

You can sign in and keep track of your purchases by visiting [your user dashboard](#).

Your package will expire on May 09, 2023. To learn about how to use this package please check out this [help article](#).

Please keep a copy of this email for your records. This message was sent to yogatherapy@marrickvilleyoga.com.au. You can reply to this email to communicate with Stephanie Quirk.

Receipt

Subtotal	\$80.00
Service Fee	\$1.52
Total	\$81.52

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We have a separate document which provides instructions for how to login and access recordings.

Please email me at info@stephaniequirk.com.au if you need any assistance.