



About Mangala

In 1970 Dorotea Mangiamele established a school dedicated to the arts of yoga and a style of creative dance which would give guidance and inspiration to the creative capacity of adults and children alike.

Creative dance at Mangala Studios developed out of the vision of Dorotea Mangiamele. She studied dance in Germany under Mary Wigman and Palucca. Her yoga training was in Melbourne under Margrit Segesman. Out of these experiences she created a fusion of dance action and yoga sensibility.

The resultant style of teaching and presentation allowed for a unity of the physical and subtle aspects of being into a unique transformative dance experience.

The deepening experience of yoga has influenced the nature of creative dance at the school.

While the yoga classes give access to the inner depths of well being, the creative dance classes open those deep feelings to joyful expression and relationship to the world around us.

Many people have found the combination of yoga and dance to be a beautiful balance of exercise and art, meditation and action.

All teachers have had many years personal experience of yoga practices, as well as being exposed to the influence of the music, dance and art of many cultures and periods.

The incorporation of the elements into traditional yoga has resulted in unique teaching methods and an emphasis on the individual yoga experience of each person.



Our Principals are Peter Hockey, Sue Hockey and Claudia Mangiamele.



MANGALA

Please call us at the studio on **9663 5603**
or email info@mangalastudios.com.au

Mangala Studios is located at:
73 Grattan Street Carlton 3053

Studios of Yoga and Creative Dance
(Established 1970)

MANGALA

creative dance classes



yoga at mangala



pre-natal classes



Yoga at Mangala



We have been practising and teaching yoga at Mangala Studios for forty years.

We teach with respect to both the practice and the practitioner.

Aspects of Yoga at Mangala:

- Experienced teachers – fully trained and imbued with the Mangala tradition.
- Each class is presented as a complete, integrated experience of breathing, posture, mental and spiritual practices.
- Individual differences are respected – each student is encouraged to progress at their own pace taking into account age, fitness, physique and gender.
- Our innovative approach with creative variations to traditional practices helps tailor the yoga to individual needs.
- Space is given to applied yoga philosophy – the meditative mind is the major aim of yoga and is emphasised in all classes.
- While regular practice facilitates progress, classes can be attended as single units to accommodate irregular working hours.

Creative Dance classes



Our adult dance classes are designed to inspire, challenge and extend.

They present a unique amalgam of dance, art, music and designs for dancers of all levels of experience.

Partake in a unique, transformational dance experience!

Features of Mangala Studios Creative Dance:

- All teachers are trained at the studio.
- Each class is presented as one complete artistic whole.
- Emphasis is given to individual dance experience while introducing dancers to ensemble work with smaller and larger groups.
- Dynamics, spatial and body awareness, and improvisational sensibility are stimulated by:
 - Solo and ensemble experiences
 - Design of the dance space
 - Use of physical props
 - Simple, effective instructions from experienced teachers.

Pre-natal classes



Fran Ostroburaki has been working with pre and post natal women for over 25 years. Her flexible teaching style is influenced by mindful yoga, gentle Chi Gong together with a sensitive attunement to the physical and emotional well-being of the mother-to-be.

She looks to ground, strengthen and encourage the pregnant mother to develop resilience and patience for the challenges, as well as the joys, of motherhood.

In every session:

- Time for deep relaxation.
- Harmonious posture and breathing.
- Reference is made to ways of managing the forthcoming labour, the changes that motherhood brings, self-care.
- Pair work.
- Focus on pelvic floor stability.