



EXPANSION

Yoga & Pilates



Welcome to our world of wellbeing.

EXPANSION

Yoga & Pilates

**This little book of wellness
and love contains more info about:**

Studio Hire Pg.03

Sound Healing Pg.10

Work Group Classes Pg.14

The story of Expansion Pg.17

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

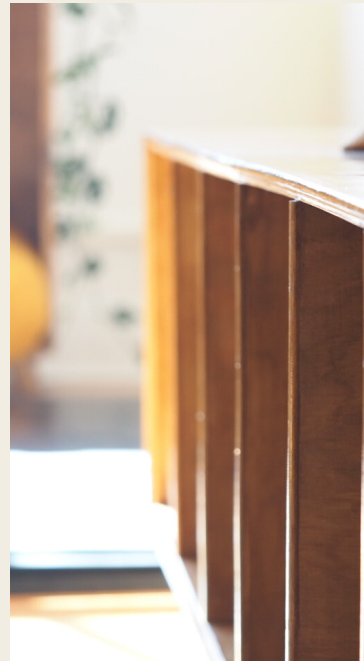
www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Studio *Le Soleil*

108 Franklin St, Traralgon



Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Set in the historical former S.E.C building on Traralgon's main street. The large loft style studio with window wall and indoor plants growing fruitfully offers a special feeling of nostalgia and modern vibrancy to create one of the most unique spaces in Gippsland.



Our beautifully vibrant sun drenched studio offers a large open hardwood floor space with the most spectacular sunset views across the west Traralgon skyline.

- Separate Welcoming area
- Small kitchenette
- City loft vibe
- Bluetooth speaker & Record Player
- 4x Trestle Tables
- Tea/Coffee
- Multiple Bathrooms in building
- Central heating & cooling
- Gorgeous natural sun filled lighting
- 4 wall whiteboard & accessories
- 20 chairs
- Wifi availability
- Mini Bar fridge

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

We would love to share our space with you

Studio le Soleil is a very unique space, so much so that we want everyone to experience the bespoke atmosphere it can add to your event.

Our studio offers a large open floor space of approx 80 m2 along with privacy away from the public or street traffic.

You may like to utilise our studio for..



Single Event

Workshops & workgroup meetings are a great fit in our sun filled room

Large Event

Have your next special event with us.

Bridal Shower
Birthday Party
Work Party

Ongoing

Run regular classes that are separate to our business. Connect with us to arrange an agreement unique to your ongoing needs

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

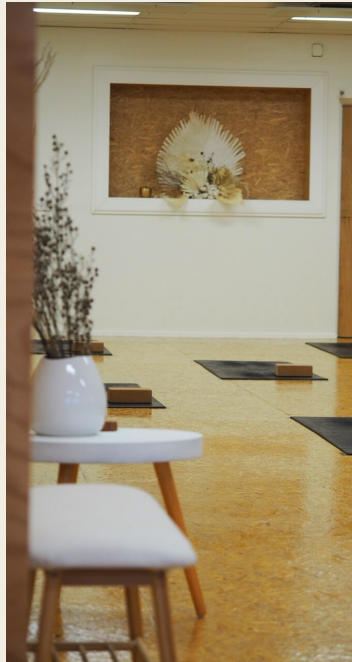
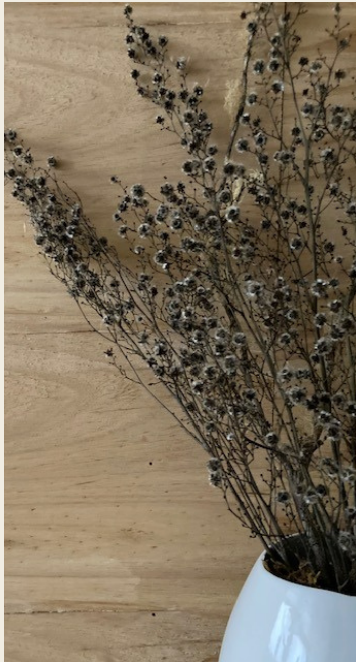
EXPANSION

Yoga & Pilates

Studio

La Lune

22b Seymour St, Traralgon



Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Our warm studio offers reconstituted eco friendly timber flooring with soft lighting and beautiful furnishings. La Lune studio offers a large open floor space of approx 80 m2 along with privacy away from the public or street traffic.

- Small kitchenette
- Bluetooth speaker
- Tea/Coffee
- 20 chairs
- Multiple Bathrooms
- Infrared Heating
- Warm open space
- 4 x trestle tables



You may like to utilise our studio for

Single Event

Workshops & workgroup meetings are a great fit to escape a corporate vibe

Large Event

Have your next special event with us.
Bridal Shower
Birthday Party
Work Party

Ongoing

Run regular classes that are separate to our business. Connect with us to arrange an agreement unique to your ongoing needs

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Studio Hire Prices

3 hour hire - \$150

6 hour hire - \$250



We can discuss tailored pricing for multiple, longer or reoccurring bookings.

**These hire costs include the time of your set up and pack up, so please take this into consideration when making your booking.

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Housekeeping

Deposit

An \$80 non refundable deposit is required to secure your booking,

Bond

The bond is set to equal the price of your event, this will cover the cost of (if) anything in the studio needs to be replaced/repaired or if our weekly cleaners need to do additional work.

The bond will be returned after our cleaners finish their weekly clean.

Cleaning

We ask that the studio be returned in the same condition as it is offered to you. We have weekly cleaners attend our studio and if there is additional work required this fee will be withdrawn from the bond.

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

1 : 1, Private & Group

Sound Healing



with Darryl

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Sound Healing



With each private sound session you will experience something uniquely your own. Beginning a sound assessment, the session will then be tailored to exactly what it is that you require to help bring your energetic state back to balance.

Our beautifully cosy and warm La Lune studio will support your healing journey as you lay comfortably on a massage table.

Sound Healing has been here for centuries, Now we combine these ancient and modern techniques to help assist people suffering from:

- Stress & Anxiety
- Depression
- Physical Injury
- Relationship challenges
- Digestive issues
- Mental & Emotional issues
- PTSD
- and a whole range of other diseases

Sound healing is also a great modality to experience if you're wanting to induce a deeper state of relaxation for your own time away from a busy world.

EXPANSION

Yoga & Pilates

Sound Healing Pricing

We offer both private one on one sessions as well as regular group sessions.

Private group sessions can also be arranged in a workplace or home setting to suit your special occasion, Please contact Darryl for these enquiries.

Contact Darryl to book any of the below options:

Private Healing	Public open Group Session	Private Group
First Session Exp Member \$90 Non-member \$99	\$25 for Expansion Members	\$310 for up to 10 people.
Follow up Sessions Save \$15 per session	\$35 for Non- Members	+ \$28 <i>per additional person.</i>
		<small>*Max group size is 15 people</small>

Contact us to chat more about availability & to organise a time to have your first sound session with Darryl.

Darryl

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Sound Healing with Darryl

**“In sound we are born,
in sound we are healed”**

– Mehtab Benton



This is a non-invasive therapy so you do not have to disclose what you are going through with me, just relax and allow the beautiful sound vibrations do the work.

The process of each session varies, offering you exactly what it is that you require each time you gift yourself the chance to be open for healing. Essentially this will be your own experience and yours to hold onto privately.

From Darryl - I have been training with sound for the past 3 and a half years, continuously developing my understanding of healing through vibration. Undertaking the Sound Healing Academy level 2 Diploma to further study by embracing a teacher assistant role to help educate & support others studying sound therapy. I look forward to sharing with you this very special world of positive vibration and assist you on your healing journey.

Darryl

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Work Group Wellness

Yoga, Meditation, Pilates & Sound Healing



Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

How we can connect with you

Not everyone has the time to come along to our studios to practice so we would love to come to you, all you need is some floor space, we'll do the rest!

We operate our regular classes in the mornings and evenings. That means we can come to you during your work day and help your colleagues find that extra spark of energy to support a busy workload.

There is also the option to have your work group join us in our boutique Traralgon CBD studios if your space does not have enough room.

We can share with your work group any of our regular services which include yoga, pilates, meditation and sound healing in the following ways.

Single Event

Organise a time that suits your work group to enjoy a specialised wellbeing session for one of our many services

Ongoing Classes

Lets connect & chat further to arrange a plan that suits your businesses schedule for regular reoccurring classes.

Clients/Gift Event

Share the love to your regular clients or employees by hosting a private event in our studio.

Contact us to chat more about availability & pricing:
0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

Workgroup history

Over our 3 years of operation we have thoroughly enjoyed assisting different work teams to achieve a greater connection of self and group awareness through supporting their wellbeing requirements. It's wonderful for us to see the new energy that is invigorated into these teams. We have worked with:

- Gippsland Water
- HVP Plantations Churchill
- Loy Yang B Power Station
- GippSport 'make your move'
 - Federation University
 - McMillan Chiropractic
- Lavalla Catholic College
- Gippsland Insurance Group
- & many more...

We absolutely love sharing what we do and seeing the wonderful positive changes these practices can bring to your world. Contact us today and start the conversation on how we can help you and your work group.

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au

EXPANSION

Yoga & Pilates

About US

Camilla & Darryl

We have found great vibrancy and healing in life by throwing ourselves into this world of Yoga and Pilates. We are both local people sharing this modern business. Our goal is to spread the benefits of wellbeing practices amongst our community through our very accessible class styles for all levels to enjoy. With backgrounds in trade, education services, customer service, sport, dance and social lifestyles we feel we can greatly connect with the Gippsland community to understand their situation & how best to help them along their wellbeing journey.



After 3 years of operating Expansion Yoga & Pilates we have been witness to a large number of our students grow into their most beautiful selves through guided practice. From humble beginnings we now have 3 studios, 15 teachers and our team and services continue to grow as our community supports us. Many positive physical, emotional and spiritual shifts can take place during Yoga, Pilates and Meditation & we look forward to assisting you along the way.

Darryl & Camilla

0423 223 699 | expansionyoga.traralgon@gmail.com

www.expansionyoga.com.au