



A One Day Yoga Intensive- Yoga for Health, Harmony and Self Realisation

Enjoy a day of complete yoga practice, including asana, pranayama, meditation, self enquiry and practical yoga philosophy, facilitated by leaders of four authentic yoga traditions.

This unique one day intensive will give you a powerful experience of yoga in its most complete sense. You will

- Energise, harmonise and de-stress your system and unveil the Self with powerful practice sequences of asana, pranayama and meditation.
- Experience simple and effective techniques which you can incorporate into your home practice of yoga.
- Learn the delicate art of self enquiry.
- Discover the basis of living skilfully - the often neglected rules for social and personal conduct which form the foundation of yoga - the Yamas and Niyamas.
- Enjoy a tasty vegetarian lunch.
- Meet other people on the yoga path.

Places are limited, bookings essential.
Profit from the workshop will proceed to charities.

Programme:

Inauguration

Sunday, 8:45 AM



Sunday, 9:00-10:30am

Shri Swami Gopal Puri

*Asana, the psychosomatic approach
Senior Yoga Instructor for Yoga in Daily Life.*



Sunday, 10:30-12:00pm

Shri Rajendra

*Foundation of Yoga: Yama and Niyama
Yoga Teacher & Founder for Vasudeva Kriya Yoga School.*

Discussion / Break

12:00-1:00pm



Sunday, 1:00PM-2:30pm

Shri Swami Atmananda

*Meditation and Self Inquiry
Disciple of Swami Shankarananda. Teaches Learn to Meditate Courses in
Shiva Ashram and has special interest in Kashmir Shaivism*



Sunday, 2:30-4:00 pm

Shri Chris Dale

*Sri Sri Yoga: Awakening Your Full Potential through a Complete Yoga Practice
Teacher for Art of Living and Sahaj Samadhi Meditation.*

Venue:

Oakleigh Hall
142-144 Drummond Street
Oakleigh 3166

Date & Time:

Sunday, August 29 - **8:45am to 4:00pm**

Cost:

\$60 per person, Children under 12: **\$20** ea

The cost includes: lunch /snacks

Contacts & Bookings:

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