

SCHEDULE for December event
“The Evolution of Yoga Practice”

THREE DAY SEMINAR	FRIDAY DEC 5	SATURDAY DEC 6	SUNDAY DEC 7
7.00 - 8.00am	Yoga Practice	Yoga Practice	Yoga Practice
8.00 - 9.00am	Group Chanting	Group Chanting	Group Chanting
9.00 - 10.30am	Breakfast break		
10.30 -12.00	Presentation <ul style="list-style-type: none"> • Evolution of Yoga as a Means to Reduce Suffering • Evolution of the Teachings of Sri Krishnamacharya 	Workshop 2 <ul style="list-style-type: none"> • Svadhyaya: Self Reflection in Personal Yoga Practice • Yoga and the Mind 	Workshop 4 <ul style="list-style-type: none"> • Ayurveda: Understanding the Simplicity of Ayurveda in Enhancing our Lives
12.00 – 12.30pm	Pranayama Practice	Pranayama Practice	Pranayama Practice
12.30 – 2.00pm	Lunch break		
2.00 - 4.00pm	Workshop 1 <ul style="list-style-type: none"> • Appropriate Yoga Practice for Every Stage of Life • Yoga for Pregnancy & Birth 	Workshop 3 <ul style="list-style-type: none"> • Cikitsa: Complementary Therapies • Case Studies on Respiratory System 	Workshop 5 <ul style="list-style-type: none"> • Managing Change: Yoga as the Anchor
4.00 - 4.30pm	Break		
4.30 - 5.30pm	Meditative Practice	Meditative Practice	Meditative Practice
6.00 – 7.00pm by arrangement	Group Chanting (by arrangement)	Group Chanting (by arrangement)	Group Chanting (by arrangement)

For bookings and further information visit:
www.agamayogacentre.com.au

āgamā yoga centre
for health and healing Celebrating 25 years

Upstairs / Carmelite Hall
216 Richardson Street, Middle Park
www.agamayogacentre.com.au



The Evolution of Yoga Practice

A program over three days

Friday 5 to Sunday 7 December, 7am to 5.30pm

Join us to explore the potential of an appropriate yoga practice: assisting each of us to step forward into this changing world and our changing lives.

OUR PRESENTATIONS, workshops and yoga practices will be delivered and guided by an array of international, interstate and local practitioners.

KARINA FREIJ and **HANNA STAUFF**, yoga teachers and yoga therapists, are coming to Melbourne from Sweden specifically for this three-day event, and to celebrate the 25th anniversary of Agama Yoga Centre.

Karina and Hanna both did their teacher training with Barbara Brian in Melbourne, in the tradition of T. Krishnamacharya, and have subsequently returned to their homeland of Sweden to practice, study and teach yoga. They are both full-time yoga teachers and run yoga schools, where they offer a broad range of classes, as well as individual consultations. They also offer teacher training and further education courses in Finland and Estonia.

ARLENE KAPLAN is a yoga teacher and yoga therapist, trained in the tradition of T. Krishnamacharya. Arlene is a senior teacher and acts as staff liaison at Agama Yoga Centre. Arlene will be presenting a workshop on 'Yoga for Pregnancy and Birth' with the assistance of Gail Bousie, a pre-natal and birthing doula. Nicole Seckinger and Polly Holmes, both pre-natal yoga teachers, will also assist with discussion.

RADHA THIEL is a yoga teacher and yoga therapist in training, based in rural South Australia. Radha's previous study and practice in nursing, body work, energetic healing, naturopathy, western herbal medicine and ayurveda, allows her to draw from the many healing modalities to inform and enhance the process of observation, diagnosis, and the treatment path for the individual student.

GRAEME HENDERSON came to yoga via the well-trodden path of Existential Philosophy and Buddhism, coupled with

a lifelong 'need to know'. A yoga practitioner of over ten years, he was introduced to the tradition of T. Krishnamacharya and TKV Desikachar under the guidance of Mary Kaiser and is now undertaking his last year of Teacher Training under the mentorship of Barbara Brian.

DR KATH O'CONNOR is a General Practitioner, writer and yoga practitioner from Castlemaine in Central Victoria. Kath has a special interest in mental health, adolescent health, women's health and mind-body medicine. She has been practicing yoga and meditation for twelve years, and is interested in exploring the health and illness models of different health traditions, particularly yoga therapy and Ayurveda, and in working cooperatively with practitioners from these traditions.

Kath will be leading the panel and contributing to the discussion on 'Cikitsa: Complementary Therapies and Case Studies on the Respiratory System'. Other practitioners on this panel will include:

DEB ROBERTSON is a yoga teacher and yoga therapist practicing in Williamstown. Deb has been involved in an extensive research project which focused on the benefits of an individual yoga practice for asthmatics.

MICHAEL KISHESHIAN is a Traditional Chinese Medical Practitioner for over twenty years, currently practicing in South Caulfield. Michael's approach combines and integrates the full range of therapies offered by traditional Chinese medicine, including herbs, massage, acupuncture, cupping, dietary advice and exercise therapy.

THIS THREE-DAY EVENT

includes presentations, workshops, yoga practice and chanting.

Each day includes:

- An early-morning yoga practice
- Group chanting
- A morning presentation or workshop
- Followed by a pranayama practice

And in the afternoon:

- A workshop
- Followed by a meditative practice

Yoga Practice

- Early morning classes
- Group chanting
- Afternoon meditative practice

Presentations

- The evolution of yoga as a means to reduce suffering, *GH*
- The evolution of Sri Krishnamacharya's tradition over his 100 years, *KF & HS*

Workshops

Workshop 1

- Appropriate yoga practice for every stage of life, *KF & HS*
- Yoga for pregnancy and birth, *AK*

Workshop 2

- Svadhyaya: Self reflection in personal yoga practice, *KF & HS*
- Yoga and the mind, *KF & HS*

Workshop 3

- Cikitsa: Complementary therapies, *KO'C*
- Case studies on respiratory system

Workshop 4

- Ayurveda: Understanding the simplicity of Ayurveda in enhancing our lives, *RT*

Workshop 5

- Managing change: Yoga as the anchor, *KF & HS*

CELEBRATION

Thursday 4 December 6-8pm

- Celebrating 25 years of the Agama Yoga Centre at the Carmelite Hall
- Everyone welcome (past and current students, teachers, teacher trainers, yoga therapists)
- Remembering 25 years, honouring the teachings, refreshments

Prices

1 day \$100

2-day package \$180

3-day package \$250

Custom package

Individual sessions @ \$20 per hour

4 hours or more @ \$18 per hour

8 hours or more @ \$16 per hour

Bookings

online: www.agamayogacentre.com.au

email: barbarabrian@bigpond.com

mob: 0439 358 021

tel: 03 9690 0678

or register with any teacher at Agama

For bookings and further information visit:

www.agamayogacentre.com.au

āgamā yoga centre

for health and healing Celebrating 25 years

Upstairs / Carmelite Hall
216 Richardson Street, Middle Park

www.agamayogacentre.com.au