

Prices: ½ day \$65 | 1 day \$100 | 1 ½ days \$140 | 2 days \$180

Time	Sessions	Details	Presenter
Saturday 18 June			
8:15 – 8:45 am	Welcome and Registration	Saturday only	Beverly McCulloch Leanne Gillies
8:50 – 9:00 am	Introduction from Āgamā directors Barb and Andrew	Saturday only	Barb Brian & Andrew Barry
9:00 – 10:00 am	Practical application to reduce Stress & Anxiety	Asana	Jen Gentle
10:00 – 10:15 am	<i>Break</i>		
10:15 – 11:30 am	What is Stress & Anxiety?	Presentation	Kath O'Connor
11:30 – 11:35 am	<i>Break</i>		
11:35 – 12:15 pm	Breathe away Stress & Anxiety	Pranayama	Leanne Gillies
12:15 – 1:45pm	<i>Lunch Break</i>		
1:45 – 2:45 pm	Yoga Therapy Case studies – How Meditation practices reduce Stress & Anxiety	Case Studies	Beverly McCulloch
2:45 – 3:00pm	<i>Break</i>		
3:00 – 4:00pm	Practical Meditation techniques to assist in reducing Stress & Anxiety	Meditative Yoga	Graeme Henderson
4:00 – 4:05 pm	<i>Break</i>		
4:05 – 4:35 pm	The power of Vedic Chant.	Vedic Chant	Debby Badger
Sunday 19 June			
9:00 – 10:00 am	Practical application to reduce Stress & Anxiety	Asana	Leanne Gillies
10:00 – 10:15 am	<i>Break</i>		
10:15 – 11:30 am	How the Yoga Sutra-s inform our practice	Presentation (& practice)	Beverly McCulloch
11:30 – 11:35 am	<i>Break</i>		
11:35 – 12:15 am	Breathe away Stress & Anxiety	Pranayama	Beverly McCulloch
12:15 – 1:45pm	<i>Lunch Break</i>		
Saturday & Sunday 1:45 – 2:45 pm	Yoga Therapy Case studies – How Meditation practices reduce Stress & Anxiety	Case Studies	Louise Godfrey
2:45 – 3:00pm	<i>Break</i>		
3:00 – 4:00pm	Practical Meditation techniques to assist in reducing Stress & Anxiety	Meditative Yoga	Leanne Gillies
4:00 – 4:05 pm	<i>Break</i>		
4:05 – 4:35 pm	The power of Vedic Chant	Vedic Chant	Debby Badger

āgamā yoga centre

How Yoga assists in reducing Stress and Anxiety

Saturday 18 - Sunday 19 June 2016

8.15am - 4.35pm Saturday
9am - 4.35pm Sunday

An exploration of Yoga as a means to identify, reduce and alleviate stress and anxiety.

Join us for this weekend of presentations and practical applications through movement, breath, sound and meditation to bring balance and ease.

"The success of Yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life and our relationships." - T.K.V. Desikachar

Bookings
e: info@agamayogacentre.com.au
m: 0417 000 755

Further information visit
www.agamayogacentre.com.au

āgamā yoga centre
for health and healing

Upstairs / Carmelite Hall
216 Richardson Street, Middle Park

Presenters | Sessions



Jen Gentle

Jen has been involved with Agama Yoga Centre since her studies in 2006. After graduating in 2008, Jen started a Yoga school in Keilor, seeing a definite need in the area. Jen ran her Yoga School - Jen's Gentle Yoga - for 4 years and then decided it was time for a little break. Yoga was never far from her thoughts and Jen has since returned to Agama Yoga Centre as a teacher, also studying to become a Teacher Trainer. Jen's style of teaching is very empathetic, having found Yoga after suffering a major back injury, Jen relates well to those suffering with physical pain and the mental and emotional issues that go hand in hand with the physical pain.

Jen's life journey so far has culminated in her teaching style of understanding, relationship, care, patience and the importance of feeling safe in a Yoga class, all of which she has experienced as a student at Agama Yoga Centre over the years.

Asana | Practical application to reduce stress & anxiety (Sat)

The class for the upcoming workshop will allow you to move inward, observe your own feelings, acknowledge them and then let them go, even if only for the hour!



Kath O'Connor

Kath O'Connor is a GP and yoga and meditation practitioner from Castlemaine, Victoria. She has a strong interest in mind-body medicine and loves the richness that can come when practitioners from different healing traditions work together to provide the best care for a patient/client.

Presentation | What is stress and anxiety? (Sat)

Stress is a product of our evolution and a natural human response to danger. It is useful for short periods to help us to avoid threats and to motivate us to participate fully in life. However, in the modern world, we often live with high levels of stress for long periods of time. This 'chronic' stress can have negative effects on the body and mind, predisposing us to illnesses including anxiety and depression. Anxiety can also be the result of a single traumatic event. Kath will outline the causes and effects of chronic stress and anxiety and discuss treatment, including the ways that yoga and meditation can help. She will present a case and open the floor for what she hopes will be a rich discussion.



Graeme Henderson

After more than 10 years as a practitioner of yoga and meditation Graeme graduated as a teacher at Agama Yoga Centre where he currently teaches, together with running classes in the corporate sector. Equally interested in the roots of yoga and the application of modern scientific research as it applies to the practice of yoga, Graeme is passionate about using yogic practices to evoke 'the relaxation response' in establishing integrated well-being.

Everyone knows what stress feels like and most of us understand the damage it can do to our well-being. Left unchecked stress can even affect us at a genetic level. The 'Relaxation Response' is the physiological opposite of the 'Stress Response' and evoking it can reverse those damaging effects.

Meditative Yoga | Practical application to reduce stress & anxiety (Sat)

This class uses gentle, repetitive asana, breath work and meditative focus to evoke two factors which, according to Prof. Herb Benson of Harvard Medical School, need to be present to initiate this healing.



Leanne Gillies

Leanne has always been very active, she initially came to yoga to aid and alleviate sporting injuries, but also to learn to relax. Over time and many years of practice, these 'physical exercises' became something else, a deeper connection with her body and a more profound connection to her mind.

Leanne started teaching Yoga in 2009, and over the years has come to understand the interconnectedness of all aspects of Yoga to our everyday living. She is passionate about exploring how dis-ease or ease can impact us on all the layers of the body and mind.

Pranayama | Breathe away stress & anxiety (Sat) Asana | Practical application to reduce stress & anxiety (Sun) Meditative Yoga | Practical application to reduce stress & anxiety (Sun)

Leanne will be teaching with a particular focus on using the tools accessible to all of us in reducing anxiety and stress.



Beverly McCulloch

Beverly is the principle teacher and co-owner of Healing Heart Yoga based in Old Bar and Taree on the mid north coast of NSW. She has an innate passion for living and sharing Yoga in its true essence for healing and general health and wellbeing, as a way of living an authentic life. Beverly first started practicing Yoga 20 years ago and graduated as a teacher in 2009. A yearning for the philosophy of Yoga took Beverly to Chennai, India to undertake studies at the Krishnamacharya Yoga Mandiram (KYM), then realising she had found her 'home' for Yoga in the teachings of Krishnamacharya. In 2012 she commenced Bridging Teacher Training at Agama Yoga Centre and Yoga Therapy studies with the KHYF in Chennai which she completed in 2014. She now runs group Yoga classes as well as a Yoga Therapy practice with a special interest in mental health, particularly anxiety and depression.

Yoga Therapy Case studies – How Meditation practices reduce stress & anxiety (Sat) Presentation & practice – How the Yoga Sutra-s inform our practice (Sun) Pranayama | Breathing to relieve stress & anxiety (Sun)

Beverly will be leading classes exploring specific breathing methods to help alleviate anxiety; the Yoga Sutra-s in how they become the foundation of our practices and also looking at case studies of Yoga Therapy - how and when *Dhyana* - Meditation may be used as a means for reducing stress and anxiety.



Louise Godfrey

Louise is the principle yoga teacher and yoga therapist at Sri Yoga and Meditation. She is a qualified Yoga therapist and a student of Barbara Brian from the Agama Yoga Centre. Louise undertook the first ever KHYF (Krishnamacharya Healing Yoga Foundation) Yoga therapy Training program. The program was five years long and is considered one of the world's leading Yoga therapy training programs. She has a special interest in mental health and preventative health. She has worked with people with Parkinson's, mental health conditions, secondary school students and carers.

Yoga Therapy Case studies – How Meditation practices reduce stress & anxiety (Sun)



Debby Badger

Debby Badger is a yoga teacher and a Vedic chant teacher in the tradition of Krishnamacharya. Debby is passionate about chanting and is in her second year of a Sanskrit Language Diploma at ANU. She is focused on the sharing of Vedic chanting with yoga students, teachers and others interested to discover the benefits contained within the ancient and sacred mantras of the Vedas.

Vedic Chant | The Power of Vedic Chant (Sat & Sun)