



## “YOGA IN MIND”

Exploring & Deepening our Connection to Body, Breath and Mind  
 Friday Oct 14<sup>th</sup>; Saturday Oct 15<sup>th</sup> & Sunday Oct 16<sup>th</sup> 2016

Time	Sessions	Details	Practitioner
Sat & Sun 7am-8am (Optional)	Early Morning Practice		Graeme Henderson
Session 1 <b>9.00 – 10.15am</b>	Fri: Form / Function  Sat: Āsana as Sadhana  Sun: Yoga Therapy	Observation & Modification Presentation  Presentation “Yoga in Mind”	Caroline Stuart  Barb Brian & Leanne Gillies  Barb Brian
<b>10:15 – 10:30am</b>	<b>Break</b>		
Session 2 <b>10:30 – 11:30 am</b>	Fri: Modifying for Function  Sat: Upaya -layering tools  Sun: Yoga Therapy	Obs /Modification  Workshop  Case Study	Caroline  Barb & Leanne  Barb & Lucinda
<b>11:30 – 11.45am</b>	<b>Break</b>		
Session 3 <b>11:45 – 12.30pm</b>	Fri: Modifying for Function Sat: Application of tools Sun: Application of tools	Obs /Modification Practice Practice	Caroline Barb & Leanne Barb
<b>12.30 – 1.30pm</b>	<b>Lunch</b>		
Session 4 <b>1.30 – 2.30pm</b>	Fri: Form / Function Sat: Pranayama / Ratio Sun: Pyschology & Mind	Obs /Modification Workshop Presentation	Caroline Barb & Graeme Sal Flynn
<b>2.30 – 2.45pm</b>	<b>Break</b>		
Session 5 <b>2.45 – 3.45pm</b>	Fri: Form Function Sat: Pranayama/Bandha Sun: Psychology & Mind	Practice Workshop Presentation	Caroline Barb & Graeme Sal Flynn
<b>3.45 – 4.00pm</b>	<b>Break</b>		
Session 6 <b>4.00 – 5.00pm</b>	Meditative Practice & Group Vedic Chanting	Mantra / Practice Vedic Chanting	Fiona Hardie

### Investment:

½ Day \$65; 1 Day \$100; 1 ½ Day \$140; 2 Days \$180; 3 Days \$260

### Bookings are essential:

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## INTRODUCING SAL FLYNN:



Sal Flynn is a Yoga therapist, psychotherapist and educator. Her formal and informal training blends the disciplines of Yoga, psychotherapy, education, contemplative practice, the arts and mind/body awareness practices. Underpinning her work is more than 30 years of practice and study in the eastern traditions, along with education and internships in Western psychotherapy and Yoga therapies both in Australia and India.

Sal's practice is rooted in the tradition of Sri Krishnamacharya. As a yoga teacher and therapist she emphasizes the intimate interplay of the physical body with the mental, emotional and spiritual to bring all dimensions of embodied being into awareness.

Sal has a private practice where she see's clients in Byron Bay and via Skype, she runs workshops and trainings for Yoga teachers and Counsellors nationally and internationally.

Sal has a degree in Counselling and Human Change, a Clinical Diploma in Hypnotherapy and is trained to deliver John Kabat-Zinn's Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programs, as well as various postgraduate Yoga training.

Sal was resident yoga teacher/therapist at Sarah Key Physiotherapy for five years and specialized in helping clients with chronic back pain. She spent seven years as a faculty member of Nature Care College where she trained yoga teachers and five years as a member of faculty at Jansen Newman Institute.

Sal is currently a member of the faculty at The Centre for Existential Practice and Graduate Certificate in Yoga Therapy. She is a member of the AAYT, IAYT, IYTA, Yoga Australia, and a full Clinical Member of the Counsellors and Psychotherapists Association of Australia.