

THE RELATIONSHIP BETWEEN AYURVEDA AND YOGA

	7.00-8.00 (1hr)	9.00-10.30 (1.5hrs) 5mins break	10.45-11.30 (45mins)	11.45-12.15 (30mins)	1.30 -3.00 (1.5hrs) 5mins break)	3.15-4.45 (1.5hrs) 5mins break	5.00-5.45 (45mins)	
	Practice	Presentation	Presentation & Application		Workshops & Case Studies	Presentations & Workshops	Practice	Hrs
18 Nov Sat	Asana Jill Harris	Introduction to Ayurveda & Doshic Theory Gita Kannan	Practical application from the Ayurvedic tools (drava upayoga) Gita Kannan		Complementary Therapies Urology and Ayurveda Dr Ranjit Rao	Effects using the many Tools of Yoga Brhmana / Langhana Samana Barb Brian	Meditative Practice Fiona Hardie +Graduation	7.5
19 Nov Sun	Asana Dani Pritchard	Role of the Tools of Yoga in Changing Patterns Louise Godfrey	Pancamaya Model: What layer of the is the care seeker coming from? Kavaca – Protective / Defensive Shield Louise Godfrey		Function of Panca-Vayu-s Group Work to apply theory Barb Brian	Review of Therapeutic Practice -using a primary medium health / healing / beyond Barb Brian & Louise Godfrey	Meditative Practice with Vedic Chant Fiona Hardie	7.5
Hours								15

Asana Practices:

Saturday November 18 7am - Jill Harris: Yoga Teacher, Trainer and Yoga Therapy Trainee, Ocean Grove

Sunday November 19 7am - Dani Pritchard: Yoga Teacher and Yoga Therapy Trainee, Mount Martha

Faculty for Post Graduate Weekend: Barbara Brian - Yoga Teacher, Trainer and Therapist, Agama Yoga Centre for Health and Healing, Melbourne,

Presenters:

Louise Godfrey Yoga Therapist in Melbourne, Sri Yoga and Meditation, Brighton

Fiona Hardie-Grant Yoga and Vedic Chant Teacher, Agama Yoga Centre for Health and Healing

Visiting Presenters:

Gita Kavar – Ayurveda Practitioner, Melbourne

Dr Ranjit Rao – Consultant Urologist and Author: "Meditation and Martini-the subtle cocktail of balance, wellness and happiness"

Investment: ½ Day \$65; 1 Day \$100; 1 ½ Day \$140; 2 Days \$180