

Timetable for 'Immune System and Autoimmune Disease' November 17 & 18 2018

	7.00 – 8.00am	9.00 – 10.30 (break)	11.00 – 12.15	1.30 -2.30	2.45 – 4.15 (break)	4.30 – 5.30
17 November Saturday	Pranayama +Visualisation & Mantra	Auto-Immune Diseases, Medical Approach Dr Martin Williams: Presentation & Pathologies- Rheumatoid arthritis; Fibromyalgia and Lupus Questions from Group	Autoimmune Disease a Yoga Therapy Approach Case Study: Michelle Maher Lupus. How can we assist? Interview and Questions	Interactive- group Brainstorming to design a yoga therapy practice for a student suffering from Lupus	Yoga Therapy Perspective Case Studies Hashimoto's Disease and other pathologies	Healing Mantra
Teacher:	Di Mitchell	Dr Martin Williams	Louise Godfrey	Louise G & Beverly McC	Beverly McCulloch	Fiona
18 November Sunday	Pranayama + other tools 1: 1: 1: 1	Ayurvedic approach to Immune System & Auto- immune Disease Detoxification / Immune Support	Specific treatment for Auto-immune diseases. Case Study and Discussion.	Yoga Therapy Perspective Case Studies: Crohn's Disease	Nutrition & Immune System Presentation with a Case Study	Reflective Practice
Teacher:	Jen Gentle	Gita Kavar & Yoga Therapist	Gita Kavar & Beverly McCulloch	Beverly McCulloch	Rebecca Nathan	Fiona

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

Asana Practices:

Saturday Nov 17 7am – Di Mitchell: Yoga Teacher and Yoga Therapy Trainee, AYC, Melbourne
Sunday Nov 18 7am – Jen Gentle: Yoga Teacher, Trainer and Yoga Therapy Trainee, AYC, Melbourne

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, Assistant Trainer, Agama Yoga Centre, Middle Park

Visiting Presenters:

Gita Kavar – Ayurveda Practitioner, Melbourne
Dr. Martin Williams – General Medical Practitioner, Prahran East
Beverly McCulloch – Yoga Teacher, Trainer and Yoga Therapist, Taree, NSW
Rebecca Nathan – Clinical Nutritionist and Yoga Teacher Trainee, Middle Park.
Gita Kavar – Ayurveda Practitioner, Melbourne