

# “Deepen Your Yoga Journey” 2018 Workshops

In the 2018 "Deepen your Yoga Journey" workshop series I offer modules in which you can explore different aspects of yoga to deepen your yoga journey. You can attend each module independently or sign up for all four 2018 workshops.

**Cost:** 1 day module \$220, 2 day module \$350, or book in for all 4 modules (6 days) \$1,000. Beautiful vegetarian lunch and morning / afternoon tea included.

## Deepen Your Yoga Journey Back to the Roots (April 4, 2018)



Yoga Origin, Philosophy & Modern Yoga Styles  
1 Day workshop

## Back to the Roots - Yoga Origin, Philosophy & Modern Yoga Styles - 1 day, 4th of April 2018

In this module we look at what yoga is and where it originates from. We'll be studying yoga philosophy, like the yoga sutras of Patanjali and the Bhagavad Gita. Not only will you get a better understanding of the real meaning of yoga but you'll get a better understanding of how we bring philosophy into our lives in order to bring our yoga off the mat.

## Deepen Your Yoga Journey

Understanding Alignment (May 26+27, 2018)



Yoga Anatomy, Pose Alignment & Managing Injuries  
2 Day workshop

## Understanding Alignment - Yoga Anatomy, Pose Alignment & Managing Injuries - 2 days, 26+27 May 2018

Practical, applied, anatomy is essential to better understand the alignment of yoga poses. We'll improve our anatomy terminology and knowledge after which we will spend time to look at anatomical movements, main muscles and bones of our major joints. As part of this we also discuss how emotions can be stored in different parts of our body. Analysis of anatomy in yoga poses, relating to body alignment, and managing injuries is an essential part of this module.

## Deepen Your Yoga Journey

The Subtle Yoga Body (Sept 15+16, 2018)



Integration of Body, Mind & Spirit through Yoga  
2 Day workshop

## The Subtle Yoga Body - Integration of Body, Mind & Spirit through Yoga - 2 days, 15+16 September 2018

The practice of yoga reveals that the body is in no way separate from the mind. In this module we provide a way to understand these energetic forces as they relate to an integrated yoga of body and mind. We'll study the subtle body (including koshas, nadis, vayus, chakras, gunas, doshas and prana) with as aim to understanding the mind-body integration. Working with the subtle body complements and counterbalances the emphasis on gross physical anatomy that predominates our current yoga culture.

## Deepen Your Yoga Journey

Yoga Beyond Asana (Nov 18, 2018)



Pranayama & Meditation  
1 Day workshop

## Yoga Beyond Asana - Pranayama & Meditation - 1 day, 18 November 2018

Yoga practice has so much more to offer when we look past the benefits of practicing poses. We'll be having a look at the practice of yoga beyond our asanas: pranayama and meditation. Focus will be on gaining a deeper understanding of these practices/aspects, the various types of practices there are and on how you can incorporate these in your practice and life.