

Simon Borg-Olivier
is 'Technical Mindfulness in Motion' !



Places available for
Simon Borg-Olivier's



'Interactive Applied Anatomy & Physiology of Hatha Yoga' course Brisbane Aust.

Q: Why do doctors and hospitals recommend yoga for a wide range of conditions? In this day and age, many yoga poses are used by physiotherapists, taught in gyms by personal trainers, mixed in with pilates movements. But what separates yoga from all other forms of exercise? What is the essence that identifies yoga to the participant and the observer?

A: Because only Yoga is based on its traditions of sutras and philosophies – The 'Eight Limbs' of Yoga.

Irrespective of how much study, practice and yoga you have done, can you easily put the 8 limbs together? If you teach, does your mind calculate the asanas while considering the breathing, nutrition, gender, tension and mental state of your student? Do you create *Sthira Sukam Asanam* so that the nervous system uses its optimal functioning in this modern world?

Do you put that together with your knowledge of the muscles as they change to opposite 'roles' depending on gravity and the range of movement you intend? Is your anatomy knowledge based on the muscles, or also the quality of energy?

Brisbane 'Immersion' Full Course 36 hours Half Course 18 hours

36 hours A & P Immersion over 2 weekends plus certificates of attendance for CPE points - \$857

Weekend A: 6--8 November 2009

Weekend B: 13-15 November 2009

Times: Mini-seminars: Fridays 6-9 pm, Main Seminars: Saturdays/ Sundays 8.30 am – 5.30 pm

Some features of the course:

- **Enter Simon's vast knowledge pool!** Immerses yoga teachers and students in the living knowledge and skills necessary to understand the basic workings of the body while practicing or watching *asanas* (static postures), *vinyasas* (dynamic exercises), and *pranayamas* (breathing exercises) of *hatha yoga*.
- **Valuable knowledge to build your credibility.** Includes practical components each session to show students how to approach a yoga practice from a practical (useful) applied (real world!) anatomy and physiology perspective in order to rapidly improve strength, flexibility and cardiovascular fitness. Read the testimonials on www.susanwanmer.com.au www.miltonyogastudio.com.au from past attendees.
- **Latest.** Yoga in the west is only a few decades old. Revealing *yogic* physiology with new western medical science.
- **Old-fashioned Anatomy was based on cadavers. Modern discoveries and secrets revealed.** Presents theory and practice of *bandhas* (internal locks), which can increase strength and flexibility; and *mudras* (yogic gestures or special exercises), which can stimulate *nadis* (*yogic* energy channels), tension ('stretch') nerves and acupuncture meridians.
- **People want stress management, to feel good. Doctors recommend yoga.** Shows how theoretical understanding and practical application of *bandhas* and *mudras* during *asana* and *pranayama* can be used to generate and move energy around the body as required; and shows how to best prepare the body for meditative practices.

Half course and Friday evening mini-seminars available if you can't fully commit.

Full Course \$857. Half Course \$449. Friday pm only \$87.

Refresher for past attendees – update with this year's theme 'Stira Sukam Asanam' \$427.50

Bookings/ enquiries: (07) 3369 7404 Spaces are filling fast for this event.

synergy@susanwanmer.com.au Also check out Simon Borg-Olivier's page, on www.susanwanmer.com.au

Both Simon and I welcome your comments and questions, and hope to share this event with you this year.