



Simon Borg-Olivier: Anatomy & Physiology

Two Interactive Yoga Mini Seminar Topics: *Secrets of Yoga 1* & *Secrets of Yoga 2*



Don't miss Simon Borg-Olivier (YogaSynergy) in Brisbane the next two Friday evenings with core strength, weight control, and tantric health techniques that Western exercise completely misses. This Master of Yoga and Master of Science is sharing his unique understanding of the human body with anyone who is interested in staying injury-free, teaching others, improving their practice. Simon will open tantric, ancient secrets explained through his scientific understanding of biology.

A: Friday 6 Nov 6—9 pm Secrets of Yoga 1 “Outer Power, Inner Peace” See how to generate physical strength and power with the secrets of yogic core stabilization. Yogic power enables you to be toned, relaxed and happy. Western exercises miss these unique yoga secrets! The sutra *Sthira Sukam Asanam* introduced and explained for the modern world.

B: Friday 13 Nov 6—9 pm Secrets of Yoga 2 “Nourish. Heal. Regenerate!” The subtle yogic art of how to extract maximum energy and nutrients from the food you eat and EVEN the air you breathe. Rapidly recover from sickness and injury. The secret link between abdominal breathing and tantric methods of reproductive health.

Two mini-seminars kick off the two weekends of Practical Anatomy and Physiology Course (2 x 18 hours). Weekend A focuses on Limbs and Musculo-Skeletal system. Weekend B is Trunk & Physiology. The Friday evening seminars can be attended on their own, or you can upgrade to the full weekends, using Friday's seminar as an introduction. Tickets still available at this point, bring your friends. Participate, or observe, as Simon gives you the keys to structure and freedom in body, mind and spirit. An annual event not to be missed.



Venue: 'Studio 3' Old Museum Building
Cnr Gregory Tce & Bowen Bridge Rds
Bowen Hills [Fortitude Valley], Brisbane

Dates: Friday 6 November
Friday 13th November

Times: 6-9 pm
Cost: \$97 per mini-seminar ticket

Advance bookings help us to prepare, but we can accept bookings at the door for the Friday evenings. We won't turn you away—Bring a friend!

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