

Don't miss a unique opportunity to attend **Simon Borg-Olivier's Practical Applied Anatomy and Physiology course in a special 'immersion' format**. Simon [YogaSynergy] has 30 years experience in preventing and managing yoga injuries, plus his personal mastery of yoga. **Since 2007 he has taught this as a degree course at RMIT University, but you can do it over two weekend intensives.**



72% of all people who come to yoga—according to Melbourne University researchers—want yoga to address musculo-skeletal problems.

***Q: How confident are you in understanding the essential anatomy and physiology that is so specific to the range of movement used in yoga, either as student, or teacher?***

“We're starting to see the types of injuries from yoga that we usually see in high-impact sports such as basketball,” said orthopedic surgeon specializing in arthroscopic surgery and sports medicine, Dr Halbrecht.

Participate, or Observe in this unique Brisbane event!

- Full Course 2 weekends \$857
- Half Course 1 weekend \$457
- Partial Course Friday evening A / B \$97 each

Simon Borg-Olivier, has been teaching this practical interactive course for the last 14 years around the world, educating how to decrease risk and prevent injuries.

**6th– 8th November  
13th– 15th November**

36 hours of theory in easy-to-understand words. A unique course for professional or personal development.

**Certificates of Attendance included from both our Yoga Schools.**

**Overview:** Simon approaches the theory this year from the basis of the sutra *Sthira Sukam Asanam*. You will be regularly given the opportunity to do the simple exercises that help you **physically understand the theory and to make it a practical living and learning experience of Anatomy and Physiology.**

**Weekend A 18 hours: Limb and Musculo-Skeletal Focus:** shoulder, elbow, wrist; hips, knees, ankles. Using limbs to regulate breathing and circulation (enhances energy and fitness), the nervous system (health, strength and calmness) and internal organs (digestion and sexual function).

\*Friday 6<sup>th</sup> 6pm-9pm, Saturday 7<sup>th</sup> 8.30-5.30pm, Sunday 8<sup>th</sup> 8.30 am – 5.30 pm

**Weekend B 18 hours: Trunk and Physiology Focus:** Spinal health and the body systems (respiratory, circulatory, nervous, immune, endocrine and reproductive). Use posture, movement and breath-control to develop energy, strength and stability. Increase mobility and your ability to remain calm, focused and healthy.

\*\*Friday 13<sup>th</sup> 6pm-9pm, Saturday 14<sup>th</sup> 8.30-5.30pm, Sunday 15<sup>th</sup> 8.30 am – 5.30 pm

**\*Mini-Seminar A Secrets of Yoga 1 'Outer Power, Inner Peace'** [Friday 6 November 6-9 pm]

Learn how to generate Physical strength and power with the secrets of yogic core stabilisation. Yogic power allows you to be toned, relaxed and happy. [Western exercises will miss this unique yoga secret!]. *Sthira Sukam Asanam* introduced and explained.

**\*\*Mini-Seminar B Secrets of Yoga 2 'Nourish. Heal. Regenerate!'** [Friday 13 November 6-9 pm]

The subtle yogic art of how to extract maximum nutrients and energy from the food you eat and even the air you breathe. The secret link between abdominal breathing and tantric methods of reproductive health.

**Bookings essential for weekends. Friday seminars at the door. Credit cards welcome. All enquiries welcome to Susan Wanmer# (07) 3369 7404 [synergy@susanwanmer.com.au](mailto:synergy@susanwanmer.com.au) [www.susanwanmer.com.au](http://www.susanwanmer.com.au) [www.miltonyogastudio.com.au](http://www.miltonyogastudio.com.au)**

# Susan Wanmer is hosting the course, and the venue is *Old Museum Building*, Gregory Tce, Fortitude Valley, Brisbane