

Simon Borg-Olivier courses for YOGA, Pilates, Dancers, Therapists, YOU!

Brisbane and Byron Bay from 12th November 2010

Anatomy learned in a fast-track format! Join like-minded people from all over Australia and all over the world. Learn interactive human anatomy for all dancers, therapists, yoga teachers in Brisbane/ learn Yoga in Byron Bay.



Simon Borg-Olivier lectures at RMIT University and travels the world instructing Human Applied Anatomy and Physiology – particularly adapted to the ‘western body’. Extensively trained in India with Iyengar and Pattabi Jois, Simon is also a qualified and registered physiotherapist, and has lectured in molecular biology. He is co-founder of the busy Yoga Synergy School in Sydney and still practices daily at an advanced level – injury free. His passion is for educating others in traditional yoga combined with his scientific, but simplified way of using the body safely. Learn to apply easy-to-remember techniques which balance stretch with strength in a unique way.



Brisbane Event: “Human Anatomy and Physiology Immersion”

Weekend A: 12 – 14 November [18 hours] and Weekend B: 19 –21 November 2010 [18 hours]

36 hours over two weekends. Hands-on learning. Full Course \$850. Half course: \$475.



Learn with Simon and you will touch the traditions of India passed on through his 30 years experience, *plus* discover how to simplify 650 muscles in 20 easy muscle groupings, 250 joints down into 9 joint complexes, yogic physiology, bandhas and the importance of breath. Most importantly, this is not dry anatomy, but a high-energy, fast-track experience where Simon brings the body to life demonstrating how correct anatomy in the postures moves ‘prana and chitta’. Join in, watch others as you learn the correct and incorrect ways to use your body kinesiologically. See, and feel how the muscles change, and the energy flows. You will be amazed to watch this!

- Your ticket gives you access both weekends, including the two Friday evening ‘mini-seminars’ *plus*
 - Eight bonus sessions where Simon answers questions live from his attendees
 - Handout of key points
 - Certificates of Attendance for CPE points from Yoga Synergy and Susan Wanmer Yoga Schools
 - Exclusive Invitation to share dinner, *dance* and mingle with Simon and attendees on Saturday night

Byron Bay Event “Yoga 5 Elements Intensive”

15 November – 19 November 2010. 5 daily sessions -- 3.5 hours each day!

Full Intensive *discounted* \$400 \$300. Day sessions available for \$85

Join in the personal practice with the Master! Practice these unique sun salutations with variations with Simon and see how he uses breath, focus, and his knowledge of applying anatomy and physiology in the poses to move ‘prana and chitta’ through the body for calmness, strength and healing. The first half of each daily session Simon instructs you in the poses and the second half will be a visually lead practice to music, where you experience this moving meditation and the benefits it brings.



***Bonus Package* Combine Brisbane Anatomy and Physiology Immersion with Byron Bay Intensive**
***Attend the full 10 days double-discount for just \$1095 \$995 – that’s a saving of \$250.**

That’s 10 days full training, the Brisbane exclusive dinner with Simon, 8 open question sessions ‘live’, certificates of attendance from our two schools. This will lock in your learning as the sequences in Byron Bay re-inforce your first weekend A & P, and then you deepen your Immersion on Weekend B.

Purchase your ticket online, direct deposit, cheque, or credit card by phone through Susan Wanmer’s website www.susanwanmer.com.au, email enquiries synergy@susanwanmer.com.au or phone (07) 3369 7404, 0410 570 441 Susan is Yoga Synergy’s host for this event - tickets, to help with transport, sourcing accommodation, schedule..... ask her any and all questions! *Check with her to make there are still places available for these popular events.*