



yogasynergy

Yoga Anatomy & Vinyasa Intensive 12-21 Nov 2010

Join internationally acclaimed yoga teacher Simon Borg-Olivier in an interactive exploration of yogic anatomy & physiology in practice.

Brisbane: Interactive Anatomy & Physiology Intensive

**Weekend A: 12-14 Nov (18 hours) &
Weekend B: 19-21 Nov 2010 (18 hours)**

Learn about bandhas, kriyas and mudras: discover how to use asanas and pranayama to move energy around the body.

This is not dry anatomy, but a high-energy, interactive experience, where Simon brings the body to life. Essential for yoga teachers, teachers in training and those interested in learning how the practice of yoga affects the body and mind.

Where: "Old Museum" 460 Gregory Terrace, Bowen Hills
Times: Friday 6-9 pm, Saturday & Sunday 8.30 am-5.30 pm
2 weekends: \$850 (36 hours total)
1 weekend only: \$475 (18 hours total)
All previous A&P students receive 50% discount.

Byron: Yoga Synergy 5 Elements Vinyasa Intensive

**15-19 Nov 2010: 5 daily sessions
3.5 hours of yoga each day!**

Learn the five Yoga Synergy elemental sequences instructed by Simon Borg-Olivier. Each session combines verbal and physical instruction and visually-instructed lead practice enabling you to fully experience this dynamic meditation and the benefits it brings.

Where: Temple Byron, 46 Meleluca Dr, Byron Bay
Times: Mon 1-5 pm, Tue to Thu 9 am-1 pm, Fri 8 am-12 pm
Full Intensive \$300. Per session price \$85.

Full 10 day package - attend both courses & save up to \$330

10 day package includes:

- 2 weekends of Interactive Anatomy & Physiology in Brisbane (12-14 Nov & 19-21 Nov - 36 hours total)
- 5 days of Yoga Synergy 5 Elements Intensive in Byron Bay (15-19 Nov - 17.5 hours total)
- Exclusive invitation to Brisbane dinner with Simon on Sat 13 Nov
- Lecture notes outlining primary points
- Certificates of attendance for CPE points from both Yoga Synergy & Susan Wanmer Yoga Schools

Attend both Intensive workshops over 10 days for only \$995 (save \$150).

EARLY BIRD BONUS: All tickets purchased for the full 10 day package or full Brisbane Course before 1 October receive a set of 4 Yoga Synergy DVDs valued at \$180 - combined saving of over \$330.

Bookings

Susan Wanmer is hosting this event, please contact her for bookings and further information either:

Book online www.susanwanmer.com.au/yoga-teacher-training/simon-borg-olivier or phone (07) 3369 7404 or 0410 570 441. For more information email Susan at synergy@susanwanmer.com.au

PLACES ARE LIMITED, FULL PAYMENT REQUIRED AT TIME OF BOOKING. CANCELLATION FEE APPLIES 50% AFTER 1ST NOVEMBER, 2010.