

BEGINNER'S YOGA CLASSES

Yoga (Sanskrit "yuj" - to unite) is the union of body mind and soul.

In the well documented Yoga Sutras of Patañjali, there are 8 steps to achieve this union.

The various steps and techniques of Yoga work toward purifying, realigning and maintaining body and mind for optimal, holistic health.

Yoga can be used as a tool to learn to:

- ॐ Find balance between softness and firmness, suppleness and strength;
- ॐ Develop a greater sense of self-awareness to self-heal;
- ॐ Remain relaxed in any stressful situation;
- ॐ Stay focused even in the mundane;
- ॐ Be content whilst striving to achieve highest potential;
- ॐ Reach a state of bliss or universal consciousness.

This Yoga elective is an interactive course that involves both theoretical and practical exercises.

The following topics will be covered:

- ॐ Principles and benefits of Yoga
- ॐ Patañjali's Yoga Sutras
- ॐ Ayurvedic perspectives on Yoga to balance doshas (individual constitution)
- ॐ Yogic diet and lifestyle
- ॐ Reciprocal relaxation of muscles for safer āsana (postural) practice.
- ॐ Basic pranayama (breath awareness)
- ॐ Various meditation techniques for relaxation and health
- ॐ Subtle energy systems including chakras (energy centres) and pancha koshas (5 bodies of man)

The aim of this course is to help guide participants to develop an appropriately individualised Yoga practice to promote holistic healing.

PLACES ARE LIMITED SO PLEASE HURRY AND BOOK YOUR PLACE TODAY

Venue: AIHM, Massage Room, 862 North Lake Road, Cockburn Central

Time: 5:00-8:00 PM Every Friday

Dates: 30th January 2015 - 10th April 2015 (10 weeks)

Fee: \$600.00 if paid in full on or before 20th January 2015.

-----✂-----✂-----✂-----✂-----✂

REGISTRATION FORM FOR THE YOGA CLASSES

Please enrol me in the Yoga Classes starting on Friday 30th January 2015. My registration fee of \$600.00 is enclosed.

Please visit our website for refund policy : <http://aihm.wa.edu.au/wp-content/uploads/2012/12/Refund-Policy-Unaccredited-Courses3.pdf>

Student Name Student No:.....

Email id Phone #.....

Address: