

TEACHING ESSENTIALS WORKSHOP SUNDAY 18 MARCH 2012 Morning Session 9.30am-12.30pm “ASANA PRACTICE” with Greg Brady



Greg's session will present an investigation into (the) two principles of asana practice:

- (1) doing the practice safely; and
- (2) achieving your intent within the asana.

For both principles there are two distinct areas: personal practice, where development of direct awareness occurs, and being a teacher where observation of experience is indirect.

The majority of the session will be exploring how personal asana practice habits can result in not achieving the intent of the practice/asana when teaching.

You will be looking at your own asana habits and interacting with other participants to see that there are frequently many other possibilities. Fostering your awareness of these possibilities may give greater insight for teaching and assistance in achieving the intent of the asana within the class.

Also we will be focusing on safety in relation to back protection (as generally this is can be the major safety focus within a class). We all know many aspects of back safety and we all use different ways of describing how to achieve this for different asanas.

The intent is to introduce a way of bringing it all together as five principles of maximising protection of the back. These principles (to date) have been found to work for all asanas. The session will give an opportunity to discuss and explore them.

Greg Brady received the IYTA Teacher Training Course Diploma in 2005 and Donna Farhi's Advanced Yoga Studies Certificate in 2006. He has been teaching continually since 2004 in Blaxland in the Blue Mountains.

Afternoon Session 1.30-3.30pm “MEDITATION” with Elizabeth Godleman

Elizabeth (Atmachintan) has been practising Hatha Yoga in New Zealand, Australia and India under various traditions for over 25 years. She is a qualified yoga teacher (IYTA 1988, Assoc. Member SYTA) and a registered nurse.



Elizabeth has been teaching Yoga and Relaxation in Springwood since 1990. Elizabeth currently teaches ten classes per week, including Backcare classes, General Hatha Yoga, Challenging Yoga, Relaxation and Meditation with people of all ages from teens to 90+ years. She also teaches relaxation and meditation privately to those suffering from P.T.S.D.

Elizabeth has found her own daily meditation practice has a profound effect on her daily life. The Satyananda techniques were first taught to her in the late eighties by Dr Swami Shankardevanda Saraswati and she continued to be his student and attend the Mangrove Mountain Ashram regularly since this time. Elizabeth was initiated into the Satyananda tradition as a Jignasu in 1994.

Elizabeth teaches different meditation techniques e.g. Antar Mouna (Inner Silence), Ajapa Japa (repetition of mantra), awareness of breath, trataka, walking meditation etc. Through experience her students learn which method suits them personally, to bring them in contact with a deep reservoir of peace and harmony.

During the Meditation Workshop we will practice several of these popular meditation techniques to focus and calm the mind and bring about a deeply relaxed state out of which we can draw energy and perspective.

**BOOKING FORM FOR TEACHING ESSENTIALS WORKSHOP “ ASANA PRACTICE” &
“ MEDITATION”, 18 March 2012**

NAME.....

ADDRESS.....

PHONE..... **EMAIL**.....

Full IYTA Members \$70 Non IYTA Attendees \$85 (tick one)

Post enclosed form with a cheque or money order for \$..... made out to IYTA (NSW) send to: Fiona Barbouttis, IYTA, 146 Milson Rd, Cremorne NSW 2090

Or **Email** booking form/full details to gfb0418118140@hotmail.com and Fiona will confirm your booking by return email and advise you of **EFT payment** details.

Venue: Penrith Regional Gallery & The Lewers Bequest
86 River Road, Emu Plains NSW 2750

www.penrithregionalgallery.org

Street parking is available or easy 30 minute walk from Emu Plains Station.

Time: Registration from 9.10am to begin at 9.30am

Morning tea will be provided. You can either BYO lunch or there is a café on the premises and a lovely courtyard garden to sit in.