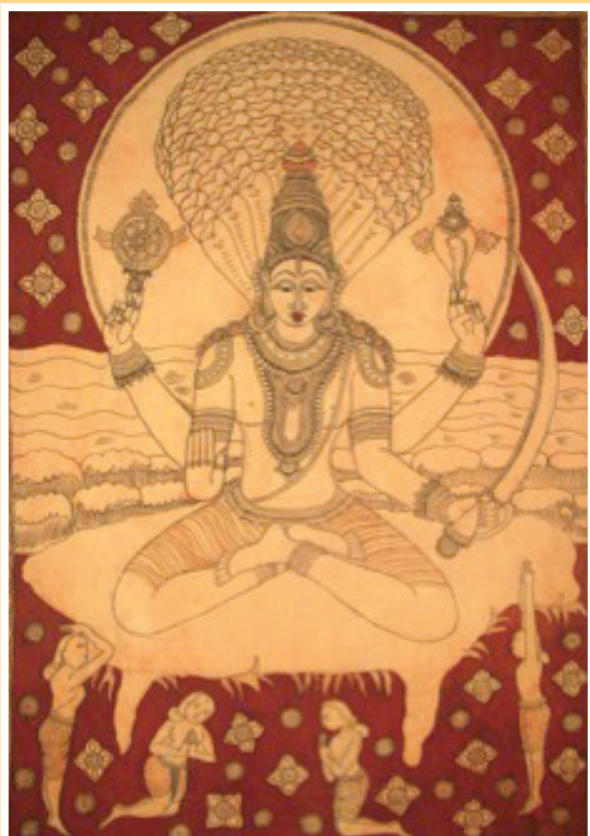


COMPLETE YOGA IMMERSION



7 DAY YOGA IMMERSION

Taught by Bryan Rogers

*50 hours tuition with a Certificate
Focusing on: Yamas, Niyamas, Asanas,
Pranayama, Kriyas, Bandhas, Mudras,
Meditation and Therapy*

When: Fri 15 Nov 4pm till
Fri 22 Nov 5pm, 2019

Where: Santhoşa Yoga and Meditation School,
733 Turnbull-Woolamai Road,
Woolamai VIC, 3995

Contact: Bryan Rogers +61 429 413 049
bryan@innocentgenerous.com.au
Shirani Perera +61 425 748 907

*Limited to eight people, not suitable for beginners

Outcomes

This immersion will allow you to understand and master the transition from asana based practice to a more internal practice of pranayama and meditation. This immersion provides the knowledge and the tools to accomplish this transition smoothly.

What you will learn

In the seven day immersion you will learn about:

- Darsana, Bhava, Prana, Mantra, the 8 limbs of Yoga, the yoga mind, the 25 tattvas of Samkhya, the levels of Samkhya in relation to Samadhi, the Antarayas, the Klesas and Samyama.
- Who you really are: Purusa Prakrtti.
- How the Gunas work.
- How to sit for Pranayama and Meditation and use Mula Bandha for sitting.
- How to invoke Isvara and Patanjali.
- How to chant the 8 limbs of yoga with definitions and siddhis and the Smarta Gayatri.
- How to walk correctly, axially-extend your spine, strengthen your core and back muscles, lie down

for Savasana and Pranayama, belly breath and meditate using a mantra.

- How the Diaphragm, basic deep breathing and deep breathing work and how the spine and ribs move during breathing.
- How to lengthen the breath.
- How postures affect the breath.
- How to use restorative Asanas and more advanced preparatory postures effectively.
- How to prepare the shoulders and upper back for head and shoulder stand practice incorporating the bandhas.
- What are the Vrtti/Samskara and Sraddha/Virya/Smrti/Samadhi/Prajna cycles.
- How to practice Kapalabhati, Uddiyama Bandha and Tartaka Mudra.
- How to combat the Antarayas and the Klesas.
- What are the Yamas and Niyamas.
- How the Sutras define Asanas and treat Pranayama
- How to practice Kala Prana bhavana, Cincana bhavana, sitting Ujjayi, Sitali, Nadisodhana, Ujjayi Analoma pranayamas and Amrta Kriya.

Bryan Rogers - a short bio



Bryan Rogers has been practicing yoga for more than 50 years. He has practiced pranayama, meditation and taught yoga for more than 40 years.

He has training in Iyengar yoga, Ashtanga yoga, the tradition of Krishnamacharya, Yoga therapy, the Yoga Sutras, Samkhya and Ayurveda.

He has attended many yoga related seminars and training sessions ongoing from the 1970s.

He currently teaches pranayama and asanas at Dance of Life in Fitzroy and offers personal tuition and Yoga therapy from home.

He is also a counsellor, a Qigong Master and Wushu and Taiqi exponent.

7 Day program

Fri 15 Nov

4:00pm	Arrive and settle in
6:00pm	Introduction
7:00pm	Dinner
9:00pm	Sleep

Each day (16th till 22nd Nov)

5.30am	Arise
6:00am	Chai
6:30am	Ablutions
7-10:00am	Morning Session Philosophy, Invocations, Chanting, Mantras, Asanas, Breathing/Pranayama, Meditation
10:00am	Light Breakfast
10.45am	Q & A
11:45am	Break for Lunch
2-5:00pm	Afternoon Session Invocations, Chanting, Philosophy, Anatomy, Recuperative Asanas, Breathing/Pranayama, Meditation
6:00pm	Dinner
9:00pm	Sleep

The Venue

Shared sleeping accommodation is available for six people with camping facilities on-site. Fully catered ayurvedic food will be provided.

What to bring

- Camping gear if required
- Sheets, pillow case, pillow, doona
- Yoga practice clothes for seven days
- Personal yoga mat if required (studio has all props required)
- Toiletries, towel
- Notebook and pens

How much

Accommodation	\$140
Studio	\$50
Catering	\$300
Tuition	\$550
Total:	\$1040

*Concessions & early bird (30 Sep) \$50 less
\$200 non-refundable deposit secures your place