



# INTEGRAL YOGA ACADEMY OF AUSTRALASIA

in collaboration with

## Gitananda Yoga Association

present

An inspirational weekend of

**“MODERN MEDICINE MEETS TRADITIONAL YOGA”**

with

*Dr Ananda Balayogi Bhavanani*

*Chairman: International Centre for Yoga, Education & Research, India*

**You will learn:**

- \* Pranayama, Dharana and Dhyana
- \* Swara Yoga and its therapeutic applications
- \* Relaxation and Yoga Nidra in the Gitananda tradition
- \* Theory and practice of Hatha Yoga in the Gitananda tradition
- \* Role of Yantra in understanding one's Dharma and creation of Karma
- \* Explore the Bindus, Chakras, and Gunas while bridging concepts of Yoga and modern medicine and more...

On

Thursday, 12th October 2017 (arrival & Registration)

13th, 14th and 15th October 2017

at

Woodhouse Activity Centre, 37 Spring Gully Road, Piccadilly, Adelaide

Early bird fee \$470 If Paid by 30<sup>th</sup> March 2017

\$490 If Paid After 30<sup>th</sup> March 2017

For Inquiries/ Registrations : Linda Burr 0431 300 151 or [lindaleila@iprimus.com.au](mailto:lindaleila@iprimus.com.au)

Payments by cheque to IYAA P.O. Box 22 Glenelg 5045 SA.

EFT payments to IYAA BSB 805050 Account 02345012

All fees are non-refundable.

Retreat requirement details will be sent out to registrants closer to the event.

Meals: Ayurvedic vegetarian meals prepared by Mrs Surbhi Bhutada direct from Pune India.

If you have special dietary requirements please notify Linda at the time of booking.

[www.icyer.com](http://www.icyer.com) & [www.gitananda-australia.org](http://www.gitananda-australia.org) & [www.integralyoga.com.au](http://www.integralyoga.com.au)

Enjoy an inspirational weekend of traditional yoga practices with Dr Ananda, delicious food and time to 'think' in the quietness and energy of nature. Whether you are experienced or new to yoga, everyone will benefit.