

YOGA OM

Freedom to Fly Workshop 24-25-26 July



with **Daniel Aaron**

Daniel Aaron, founder of www.RadiantlyAlive.com directs the Vibrant Living Yoga School and Teacher Training in Bali. He shares his passion for yoga, and how to use it as a potent tool to evoke our highest potential for health and happiness, guiding students to accept themselves fully *and* challenge their limitations. Mixing a diverse yogic education with dozens of modern masters (JivaMukti, Astanga, Iyengar, etc), his own experience of 'the teachings,' creativity and spontaneity, Daniel creates classes that are eclectic, fun and inspiring. For information about him, the teacher training, workshops and retreats in Bali, and around the world, please see DanielAaron.com

24 – 25 – 26 July 2009

YOGA OM

315 Fitzgerald St. North Perth WA 6006

Friday Evening (*Please arrive by 5:15pm for registration*)

6pm – 8:30pm

Arm balances and hip openers.

Through the journey of unlocking the hips with challenging standing and seated vinyasa, we create space in the mind and body to go beyond our preconceived limitations, and lift our bodies beyond what we thought was possible.

Sat Morning

9:30am – 12:30pm

Forward bends, twists, inversions and partner yoga:

Breath by breath, alone and with partners, we find more length in our bodies and expand ourselves through back extending postures. Diving into deep twists, we wring out the toxins of our bodies and minds. We culminate with various inversions and practice balance to maximize the flow of prana, which we then ground into meditation.

Saturday afternoon

2pm- 4:30pm

Back bending:

Some yogis say that bending backwards is a journey into fear. We use our yoga practice to develop courage to meet fear, and build awareness to meet the unseen. Vinyasa for the hips and shoulders, and deep exploration into these asanas prepare us for an intense series of deep backbends, culminating in drop backs (freestanding backbends).

Sun Morning

9:30am – 12:30pm

Balance - right side up and upside down.

One view of yoga is that it is the art of creating symmetry. As we align our bodies and minds with our hearts, our physical practice creates strength, flexibility and joy in our lives. We explore balance through a variety of poses, from simple to complex, whether balancing on feet, one foot, two hands or one asana.

Sunday Evening

2pm – 4:30pm

Seat of the yogi, seat of gratitude, seat of vibrant living.

The yogi's job is to be a still pond in the midst of the sea of chaos around us. By using increasingly advanced and challenging vinyasa (open for any level), we deepen awareness while creating space in the body. Forward bends ease the nervous system into integrating new perspectives, freedom in both body and mind. With a comprehensive practice, that includes elements from the weekend workshop (arm balances, back bending, twists and inversions); we close our practice with a focus on forward bends.

Life = growth. Freedom = space.

What to bring?

Please eat only light meals, atleast 2 hrs prior to any yoga class/training. It is preferable for participants to limit coffee prior to the classes. Lunch is not provided during full day sessions. Please bring a packed lunch. Alternatively, there are cafes and restaurants within walking distance.

Please bring a water bottle. Water will be supplied to refill bottles.

Please Note, spaces are limited, so take advantage of the Early Bird Registration and pay a discounted fee, as well as confirm your booking.

We are so looking forward to having you with us.

If you have any questions or need some more information, please do not hesitate to contact Regi or Puja on 9349 9472 / 0400 650 460.

We would love to hear from you.

Warm regards,

Regi and Puja
Yoga Om

Application Form

Name _____

Address _____

Phone _____ Email Address _____

How did you hear about this course? _____

Do you have any injuries, recent surgeries, chronic conditions or other issues that may impact on your ability to participate in this workshop? If so, please describe _____

Workshop Choice

Mark chosen option

WORKSHOP Freedom to Fly with Daniel Aaron
24 – 25 – 26 July

- Registration Fee \$320 (paid in full before 15/7/09)
- Early Bird Discount \$280 (paid in full before 30/6/09)

Payment Options

Mark chosen option

EFT (Pay Electronically)

Bank Commonwealth Bank

BSB 066 000

Account 1121 6535

Please Attach copy of payment receipt to this form.

By Cash or Cheque

Made payable to **Yoga Om**

Disclaimer

I understand that this workshop includes physical activities based on ancient yogic traditions. Nothing said in class, on flyers or via other forms of communication is to be construed as medical advice. Results may vary with individuals. I will practice yoga and other activities during this workshop/training with commonsense, determining my own ability with each exercise given. If in doubt, I have confirmed my fitness to attend this course with my medical practitioner.

I have read and fully understand the Freedom to Fly Workshop application and accompanying information, and agree to accept the conditions of enrolment as stated above:

SIGNED : _____ DATE : _____

Attention

- All prices quoted are in Australian dollars, non-refundable, non-transferable.
- These workshops are intended for students and practitioners of yoga and the public. You should only register for workshops that are within your scope of practice and physical capabilities.
- We suggest you retain a copy of this Registration Form for your records.

Yoga Om reserves the right to cancel or reschedule workshops due to low registration. In the event of a cancelled workshop, all fees paid will be refunded in full.