

MELBOURNE

BYRON BAY

SYDNEY

# YOGA THERAPY - HEALTH AND WELLBEING

presented by

**DR. N. CHANDRASEKARAN M.B.B.S. (DR. N.C.)  
and SARASWATHI VASUDEVAN**

A series of workshops and private consultations from 28 May to 15 June 2010. Don't miss this opportunity to engage with two of the most experienced yoga therapists teaching today. Increase your knowledge and experience of the therapeutic application of the tools of yoga.

## **Understanding and Coping with Stress: A Yogic approach**

Understanding the biological basis for stress and how stress impacts our system in so many obvious and subtle ways.

Applying the yogic wisdom for overcoming stress and exploring the tools and techniques from the yogic repertoire: simple, powerful practices that can strengthen your stress resilience and empower you to deal with the problems of everyday life effortlessly and with equanimity.

This workshop is suitable for everyone who experiences stress, and will also equip healthcare professionals with new tools for clinical practice.

**Melbourne:** 1 June 2010  
Richmond Rowing Club,  
Southbank

**Byron Bay:** 4 June 2010  
St Finbarrs School Hall

**Sydney:** 9 June 2010  
The Drill Hall, Rushcutters Bay

**One day: 10am - 3pm  
Cost: \$125.00**

## **The Viniyoga Approach To Yoga and Wellbeing: A Practical Introduction To Yoga Therapy**

The Viniyoga concept and principles: a simple yet profound way of understanding the human constitution and to see and listen to its straightforward messages.

Learn techniques of observation and assessment, to select and apply appropriate tools to correct imbalances, and to move towards a state of better health and harmony at all levels.

This practical workshop with live case studies is open to everyone and will be particularly beneficial for yoga teachers, health care professionals and serious students of yoga.

**Melbourne:** 29-30 May 2010  
Richmond Rowing Club,  
Southbank

**Byron Bay:** 5-6 June 2010  
YAC, 1 Gilmore Cresc. Byron Bay

**Sydney:** 12-13 June 2010  
The Drill Hall, Rushcutters Bay

**Two full days: 9am - 5pm  
Cost: \$330.00**

## **Wisdom of the breath: Application of Pranayama in Yoga Therapy**

Investigate Prana, the Vital energy, and the scope and depth of its influence on our life at all levels. Explore the function of the various Prana's in the body and pranayama as a process for regulating and connecting with the intelligence of the vital energy.

This practical workshop will focus on the effects of pranayama practices and their application for healing ailments at different levels.

This workshop is open to all and will be particularly suitable for yoga teachers, healthcare professionals and serious students of yoga.

**Melbourne:** 31 May 2010  
Richmond Rowing Club,  
Southbank

**Byron Bay:** 7 June 2010  
YAC, 1 Gilmore Cresc. Byron Bay

**Sydney:** 14 June 2010  
The Drill Hall, Rushcutters Bay

**One full day: 9am - 5pm  
Cost: \$165.00**

Discounts for attendance at more than one workshop: For all three workshops: \$495.00 Introduction to Yoga Therapy and Wisdom of Breath: \$445.00 Introduction to Yoga Therapy and Understanding Stress: \$395.00 Pranayama and Understanding Stress: \$245.00

### **Private Consultations available by appointment:**

Melbourne 28 May - 2 June 2010 Byron Bay 4 - 7 June 2010 Sydney 9 - 15 June 2010  
Cost: \$110.00 (including practice session) Discount for workshop participants: \$95.00

**FOR REGISTRATION or MORE INFORMATION**

**Please email [info@viniyoga.com.au](mailto:info@viniyoga.com.au) or go to [www.yogatherapyaustralia.com](http://www.yogatherapyaustralia.com)**