

**Guest teacher**

**Swami Samnyasananda (Philip Stevens)**

has Science degrees in both Psychology and Physiology (Honours). He is a Consultant Neurophysiologist, Accredited Satyananda Yoga Teacher and Sleep-Research Scientist.



He is currently teaching, conducting research and tutoring at Monash Medical School (Dept of General Practice).

... a fascinating and knowledgeable presenter, he has given seminars at Universities and Yogic institutions in many parts of the world. Sw. Samnyasananda is a warm and engaging teacher with a great sense of humour.

His unique blend of Western scientific understanding and Eastern yogic experience makes him an excellent exponent of all aspects of Yoga.

Sw. Samnyasananda runs the Padma Centre in Victoria and lives with a Buddhist monk and a Catholic Father – as heard on the ABC’s “The Spirit of Things”.

**This retreat**

Participants will learn about the relationship between chakras, mantras and the physiology of brain and body interactions. Through the practices, discover new depths of ancient yogic techniques in a modern context.

**There will be a good combination of practice and theory, suitable for students & teachers alike - anyone wishing to explore the chakras and nadis (energy channels) using yogic practices, art and colour. No “artistic” talent is required. The connection between the koshas and the chakras will be investigated and experienced.**

Each day will include **Yogasanas & Pranayamas** for flexibility, health and comfort to stretch, tone and enliven the spirit. **Powerful Meditations** will be introduced in easy-to-learn stages, including relaxation to integrate experiences.

**Participation and accommodation options**

Participants are welcome to arrive from 5pm on Friday. an Yoga Nidra will be offered at 6pm, before dinner. The Friday evening program will begin at 7.30pm The weekend will conclude at 3pm on Sunday.

Accommodation	Full fee (2 nights)	Conc. (2nights)	Fee (1 night only)
Own room	\$270	\$245	\$205
hared room	\$240	\$215	\$190
Tent	\$220	\$195	\$180
<b>Non -res.</b>			
2 days	\$160	\$150	

\*Please add \$10 if you would like bedding supplied.

**Enrolments before June 24<sup>th</sup> are essential, as is a deposit of \$50 by that date.**

**EARLYBIRD:** Full payment by June 24<sup>th</sup>, subtract \$15. SYTA members subtract a further \$20.

**Professional and personal development**

*A unique PD opportunity for all Yoga teachers*  
SYTA(Satyananda Yoga Teachers Association) members will gain points towards required PD. The seminar will be certificated. It will deepen teachers’ knowledge and experience of the energy system, human expression and potential.

**Private consultations available after the retreat or on Monday 4<sup>th</sup> July.**  
Yoga: Meditation, Health-Education, Better Sleep, Relaxation, Less Stress, Yogic Lifestyle & Better Breathing.  
**Phone 0419 806 066 for appointments of Clinical Yoga at Monash Medical School.**  
[research@yogalinks.net](mailto:research@yogalinks.net)

Name .....

Address .....

.....

Phone.....

Email .....

I enclose a cheque/money order for \$ ..... being full deposit/full payment for the program.

A \$50 deposit is essential to secure a place in the **Chakra Vidya** seminar/retreat.

**I have the following health issues:**

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**Accommodation preference - please tick**

- own room  share room  tent
- non-residential  bedding (add \$10)

**Participation options – please tick**

- Full retreat: Fri. evening to Sunday afternoon
- Saturday and Sunday with overnight stay
- Special dietary requirements:

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**Please send completed form & deposit to:**

Kristina Nicklason  
795 Western Creek Rd.  
Western Creek 7304

**Direct debit information available on request.**

All courses/retreats have minimum and maximum numbers of participants.

A full refund will be given if the retreat needs to be cancelled.

## The Venue

This peaceful 40 acre property has as its backdrop Mother Cummings Peak and the Great Western Tiers. The western boundary is the lovely Western Creek.

A beautiful earth-rendered strawbale Yoga room called *Atma Darshan* has been built as a sadhana (practice) space.

Indoor accommodation is in the house or next door at *Parvati*: a spacious and very comfortable 5 bedroom house co-owned with Brigitte. For the hardy outdoor lovers - paddock camping is available near the creek.

The venue and facilities invite us to appreciate simplicity and enjoy the beauty of nature.

All food will be vegetarian, much coming from our bio-dynamic vegetable garden and orchard.

**If you have special dietary requirements please indicate these on the enrolment form.**



## What to bring

- ◆ Art supplies, pencils, paints, texas, crayons etc.
- ◆ A4 or A3 paper would be nice to have as well to draw on.
- ◆ Yoga mat/stool/meditation cushion
- ◆ Light covering or meditation shawl/blanket
- ◆ Personal items & torch
- ◆ Clothes & shoes suitable for any weather condition
- ◆ Linen and bedding for indoor accommodation. This can be supplied on request for an extra \$10.



### Directions to Western Creek

Western Creek is approximately 20 minutes south of Deloraine, near Mother Cummings Peak. *Atma Darshan* is at 795 Western Creek Rd, *Parvati* is at 789. Use the peak to guide you, if weather permits.

A map & detailed directions are available on request.



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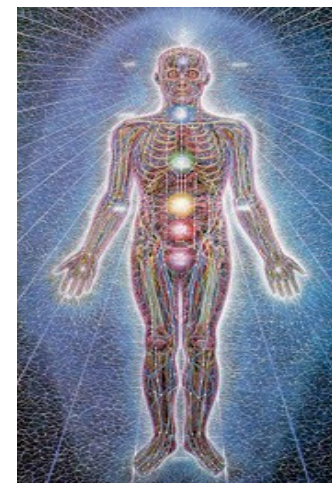
## Weekend retreat

# Chakra Vidya

(knowledge of the Chakras)

with Swami Samnyasananda  
(Philip Stevens)

6pm Friday July 1st -  
3pm Sunday July 3rd 2011



*Atma Darshan Yoga Centre*  
*Western Creek, northern Tasmania*

FOR MORE INFORMATION OR TO ENROL

Phone: Kristina 03 63 678241

Email: [kristinakm@bordnet.com.au](mailto:kristinakm@bordnet.com.au)

Please enrol before June 24th