

Deepen Your Practice

Saturday 27th July, 10am - 2pm, \$90

photo by ian lalor on unplash

SUMMARY

A workshop for current or returning Svastha Yoga practitioners

VENUE

Saturday 27th July, 10am – 2pm

Yoga Therapy and Ayurveda
Wellness Centre
2/87 Burnett Street, Buderim

Cost: \$90

REGISTER

Email:

info@yogaayurvedacentre.com.au

Phone: 0412 287 521

Bookings are essential

PRESENTERS

Vina Shah is a certified IYTA teacher, Svastha Yoga Teacher and Yoga Therapist. She also holds a National Training and Assessment (TAE) qualification. Vina has been teaching yoga and ayurveda for personal wellness since 1999 and running Svastha Teacher training, yoga therapy and other courses since 2001. Vina mentors yoga teachers and provides guidance in structuring general group and therapy classes, personal sessions and workshops. Since 1999, Vina has also been learning meditation with a monastic community in India, where she facilitates meditation retreats. She is also an experienced teacher and presenter on meditation and personal development. www.svastha.com.au

Kim Allan is a Senior Registered Teacher with Yoga Australia and Certified Registered Yoga Therapist with Yoga Australia, RYT-500 and Certified Svastha Yoga. For over 15 years she has been teaching yoga and, since 2015, personal and small group yoga therapy classes. Kim also runs workshops and is co-founder of [Yoga Therapy and Ayurveda Wellness Centre](http://www.yogaayurvedacentre.com.au) in Buderim.

WORKSHOP DETAILS

Deepen Your Practice and Brighten Your Mind

Join Vina Shah and Kim Allan for a workshop to deepen your understanding of yoga practices beyond just the physical benefits.

Enjoy a half-day exploring different practices to expand your understanding of Yoga as a complete practice to lighten the body and brighten the mind.

This workshop is ideal for those who currently attend Svastha yoga classes at the centre with Kim and Scott or have previously attended classes or workshops with Vina.

Various topics will be explored both in practice and discussion with the main focus being on participants experiencing ways to:

- Improve energy and vitality.
- Reduce feelings of stress or anxiety.
- Improve digestion.
- Promote better quality sleep.
- Gain clarity to cope better with life's challenges.
- Develop a deeper sense of connection to your inner self.

This workshop is an ideal opportunity to add depth and meaning to your practice or to inspire you to return to your yoga practice after a break or to simply take some time out to nurture your body and mind.

A light Ayurvedic refreshment will be served for your enjoyment.