



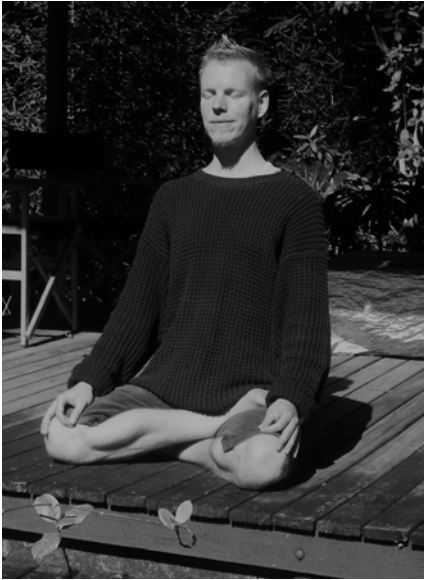
YogaSynergy presents

PO Box 9 Waverley NSW 2024 Bondi Junction: 1st Floor, 115 Bronte Rd & Newtown: 196 Australia St Tel + 61 2 9389 7399 Website www.yogasynergy.com.au
ABN: 94 082 087 634 Directors: Simon Borg-Olivier MSc BAppSc (Physiotherapy), & Bianca Machliss BSc BAppSc (Physiotherapy)

YOGA HISTORY & PHILOSOPHY COURSE

with

Phil Lemke



For the past 17 years Philipp Lemke has been practicing, studying and teaching Yoga in its many forms around the world. Living in India for 7 years Philipp undertook extensive study and Self-inquiry in Meditation, Hindu & Buddhist Philosophy Traditions and Yoga. Philipp completed his initial Yoga Teacher Training at the Bihar School of Yoga in India. After further study and teaching in Asia and Europe, Philipp moved to Australia in 2003 and completed the 9 month Teacher Training program with Yoga Arts, and became a teacher in their Teacher Training programs in the following years. Philipp's more recent focus has been as one of the primary teachers on the Inspya YTT Course internationally. He additionally specialises in Shiatsu, Drug & Alcohol Rehabilitation and has written various manuals for Yoga Teacher Training courses throughout the world. For the last seven years Philipp has been intensively studying Yoga Philosophy with the Yoga Research & Education Foundation (Georg Feuerstein). Philipp's main passion in teaching Yoga is **"to attempt to preserve the depth of this great Tradition of Liberation Teachings while finding ways to integrate it into modern life."**

Course Outline – 15 hour Introduction to Yoga History and Philosophy

The objectives of the course are to give an overview of the history of Yoga, introduce the foundational principles of Yoga Philosophy and practice and to foster critical inquiry into our selves and Yoga practice.

The course will be taught in an interactive style of presentation mixed with exercises, discussion and inquiry.

Extensive notes and material for study accompany the course in the form of a 200 page manual.

Topics covered in the course include: The 'Core Concepts' of Yoga Philosophy, The Vedas, The Upanishads (plus intro to Advaita Vedānta), Intro to Dvaita Traditions, Intro to Patañjali, Intro to Hatha Yoga.

19 – 21st March 2010 at YogaSynergy Bondi

Fri 19th March 6-9pm: Introduction and Bhajans

Everyone welcome, compulsory for those attending the course, for those not attending the course, \$10 donation

YogaSynergy Bondi, Rm 2, entrance 7 Donald Pl, just off Birrell St.

Sat 20th & Sun 21st March

10am - 1pm & 3-6pm

YogaSynergy Bondi, Rm 1, 115 Bronte Rd, Bondi Junction

Cost: \$260 members/ \$286 non-members (incl.GST) - includes course manual

Please Note: A cancellation fee of \$50 applies after the 15th March, 2010

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Phil Lemke Yoga History & Philosophy Workshop March 2010 Booking Form: To Yoga Synergy Pty Ltd

I enclose my (Full name) _____ Daytime telephone number: _____

Cheque Money Order in payment OR Please charge this to my card: Master Card Visa Bankcard

Total (Please tick) **\$260** (membership number _____) OR **\$286** (non-members)

Exp: _____

Cardholder's Name

Address

Postcode

Email address

Signature of Cardholder