



About the Courses

This is the 16th year Yoga Synergy is running courses on Practical Applied Anatomy and Physiology of Hatha Yoga. Yoga Synergy runs two simultaneous inter-related courses that can be studied concurrently or separately.

The information derived from these two courses can be used to safely increase strength and flexibility whilst minimising the risks of injury through incorrect practice, and can also be used to help promote the healing of injuries with guidance on yoga therapy.

Course 1: Basic Anatomy & Physiology

Presented by Paul Doney

This course teaches the terms and concepts of anatomy and physiology which are important to understand in order to be able to make practical applications of anatomy and physiology to Hatha Yoga. The course involves the study of musculoskeletal anatomy, physiology of the body's main systems, biomechanics, human movement and exercise physiology. This course assumes no previous knowledge of anatomy and physiology and is a prerequisite for Course 2: Practical Applied Anatomy & Physiology of Yoga, unless you have prior anatomy training and have checked with Yoga Synergy that this previous training is appropriate.

Venue: Yoga Synergy Bondi

115 Bronte Rd, Bondi Junction

Duration: 8 sessions of 3 hours (24 hours)

Course Dates: April 18th, May 30th, June 27th, August 1st

Session Times: Sunday 9 am - 12 pm & 1 pm - 4 pm

Please arrive 15 minutes before class start times.

Course 2: Practical Applied Anatomy & Physiology of Hatha Yoga

Presented by Simon Borg-Olivier

The course provides yoga teachers and students with the knowledge and skills necessary to understand the basic workings of the body while practicing asanas (static postures), vinyasas (dynamic exercises), and pranayamas (breathing exercises) of Hatha yoga. This is a very practical course that taught in a similar fashion to a yoga workshop. It deals with the physical applications of the information taught in the companion Course 1: Basic Anatomy & Physiology. Students should be prepared to do some optional yoga exercises during these sessions in order to better understand the information presented.

What you will learn:

- Each class includes practical components to show students how to approach yoga practice with an awareness of anatomy and physiology in order to improve strength, flexibility and cardiovascular fitness
- The theory and practice of bandhas (internal locks), kriyas (yogic cleansing processes), and mudras (energy-regulating exercises)
- How bandhas and mudras can be used in asana and pranayama to circulate energy and information around the body; and prepare the body for meditative practices
- How Hatha yoga can help to treat musculoskeletal injuries and medical conditions

This course assumes a basic understanding of anatomy and physiology that can be obtained from regular attendance at Yoga Synergy classes and/or by completing Course 1: Basic Anatomy & Physiology or other recognised prior learning.

Venue: Yoga in Daily Life Studio

**1st Floor, 117-119 Anzac Pde, Kensington
(above 'Auto One' shop, near Todman Ave)**

Duration: 12 sessions of 3 hours sessions (36 hours)

**Course Dates: May 8th & 9th, June 5th & 6th,
July 3rd & 4th, August 7th & 8th**

**Session Times: Saturdays at 1 pm - 4 pm
Sundays at 9 am - 4 pm**

Please arrive 15 minutes before class start times.

Additional Information About the Courses

Before the commencement of the courses and during their duration, it is recommended that students attend at least one Yoga Synergy class each week at Yoga Synergy in order to see and feel how the material presented in the courses is practically applied. You will be given a certificate of completion for the course providing that all requirements are met. These requirements include full attendance of the course, passing of the 1000 word assignment and one hour multiple choice exam.

If you would like to receive further information regarding course content and structure, please call Yoga Synergy (02) 9389 7399 or email yoga@yogasynergy.com.

Enrolment Options

Yoga Synergy members may enrol:

- online at www.yogasynergy.com
- at the school with any teacher
- by posting this booking form and credit card details or cheque to Yoga Synergy Pty Ltd., P.O. Box 9 Waverley 2024
- by calling the office (02) 9389 7399 to pay by credit card over the phone.

Yoga Synergy membership (Annual Fee: \$27.00) entitles you to a range of discounts on yoga classes, selected Yoga Synergy products and workshops and the ability to quickly and easily enrol in any of our courses.

To become a Yoga Synergy member either fill in this form and return to the school or go to www.yogasynergy.com and click on Membership. You may then enrol in the Anatomy and Physiology courses via one of the options listed above.

If you do not wish to become a member, you may book by any of the options listed above except via the website.

Please note that full payment is required in advance to secure a place, and a cancellation fee of \$50 applies unless 3 weeks notice before commencement of course is given.