



YogaSynergy – Practical Anatomy & Physiology 2009

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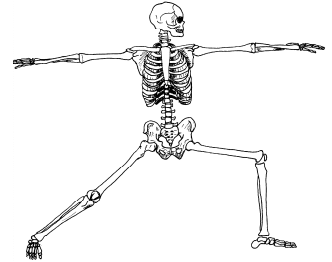
Bondi Junction: 1st Floor, 115 Bronte Rd
Newtown: 196 Australia St
ABN: 94 082 087 634

Directors: Simon Borg-Olivier MSc BAppSc (Physiotherapy)
Bianca Machliss BSc BAppSc (Physiotherapy)

This is the 15th year Yoga Synergy is running courses on Practical Applied Anatomy and Physiology of Hatha Yoga
Yoga Synergy runs 2 simultaneous inter-related courses:

1: BASIC ANATOMY & PHYSIOLOGY Presented by *Paul Doney*

Paul Doney is a registered Chiropractor, having gained a Bachelor of Medical Science majoring in Anatomy from Sydney University, and a Masters of Chiropractic from Macquarie University. Paul also has Diplomas in *Remedial* Massage and Myofascial Release/Craniosacral Therapy. Paul teaches general and specialized courses in Anatomy to massage therapists, and has developed one of the few courses in Craniosacral Anatomy in the world. He also teaches specialized skills workshops in treatment of the Pelvic Floor and TMJ (Jaw) for massage therapists.

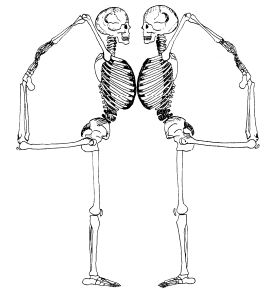


Course 1 (24 hours): Teaches the terms and concepts of anatomy and physiology which are important to understand in order to be able to make practical applications of anatomy and physiology to Hatha Yoga. Course 1 involves the study of musculoskeletal anatomy, physiology of the body's main systems, biomechanics, human movement and exercise physiology. This course assumes no previous knowledge of anatomy and physiology and is a prerequisite for Course 2, unless you have prior anatomy training and have checked with Yoga Synergy that this previous training is appropriate.

2: PRACTICAL APPLIED ANATOMY & PHYSIOLOGY OF HATHA YOGA

Presented by *Simon Borg-Olivier*

Simon Borg-Olivier MSc BAppSc (Physiotherapy) and **Bianca Machliss BSc BAppSc (Physiotherapy)** are the directors of YOGA SYNERGY Pty Ltd. Their yoga is based on a synthesis between the teachings of T. Krishnamacharya and his three main students, B.K.S. Iyengar, K. Pattabhi Jois, and T.V.K. Desikachar, Tibetan yoga and western medical science. Simon and Bianca are both registered physiotherapists, and have used this knowledge to enhance their teaching and understanding of the human body. They have developed an extremely practical and useful course that contains much easily accessible information essential for all serious students and teachers of yoga. For the last 15 years Simon has been regularly invited interstate and overseas to teach the applied anatomy and physiology of *hatha yoga*.



Course 2 (36 hours): 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). Course 2 assumes a basic understanding of anatomy and physiology that can be obtained from regular attendance at YogaSynergy classes and/or by doing Course 1 or its equivalent learnt elsewhere.

Course 2, 'Applied Anatomy & Physiology of Hatha Yoga':

- Provides yoga teachers and students with the knowledge and skills necessary to understand the basic workings of the body while practicing *asanas* (static postures), *vinnyasas* (dynamic exercises), and *pranayamas* (breathing exercises) of *hatha yoga*.
- Each class includes practical components to show students how to approach a *yoga* practice from a practical applied anatomy and physiology perspective in order to **rapidly improve strength, flexibility and cardiovascular fitness**.
- Explains *yogic* physiology using western medical science.
- Presents theory and practice of *bandhas* (internal locks), which can increase strength and flexibility; *kriyas* (*yogic* cleansing processes); and *mudras* (energy-regulating exercises), which can stimulate *nadis* (*yogic* energy channels), tension ('stretch') nerves and acupuncture meridians.
- Shows how theoretical understanding and practical application of *bandhas* and *mudras* during *asana* and *pranayama* can be used to circulate energy and information around the body as required; and prepare the body for meditative practices.
- Gives a guide to treating a number of musculoskeletal injuries and medical conditions with *hatha yoga*

Additional Information About the Courses

The information derived from these 2 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 and of injuries with guidance on *yoga* therapy. Both courses make use of PowerPoint presentations, bones and models. These will be used in conjunction with a comprehensive course book written by the instructors. Students should be prepared to do some *yoga* exercises (optional but recommended) during these sessions in order to gain a better understanding of the material taught. Before the commencement of the Courses and during their duration, it is recommended that students attend at least one YogaSynergy Class each week at YogaSynergy 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.

Text Books:

- **'The Applied Anatomy & Physiology of Hatha Yoga'** by Simon Borg-Oliver & Bianca Machliss. Cost \$88 (included in the full cost of all the courses except for those students repeating the course). This 440 page book, which has hundreds of photographs, has been revised each year, and contains much practical information unavailable elsewhere.
- **Additional Recommended Text Book: 'The Anatomy Colouring Book'**, (2nd Ed.) By W. Kapit, & L.M. Elson. New York: Harper Collins. Cost ~ \$40. This text is required before the courses starts so that pre-reading for the course can be done

Venue:

Course 1: YogaSynergy Bondi: 115 Bronte Rd, Bondi Junction

Course 2: Yoga in Daily Life Studio: 1st Floor, 117-119 Anzac Pde, Kensington Above shop 'Auto One', near Todman Ave

Please arrive 15 minutes before class start times.

Dates 2009:

Course 1, 'Basic Anatomy & Physiology': Course 1 consists of: 8 x 3 hour sessions over 4 weekends:

Sundays at 9 am - 12 pm & 1 pm - 4 pm

- Sunday 26 April:** Introduction to Anatomy & Physiology & Anatomy of the Upper Limb
- Sunday 31 May:** Anatomy of the Lower Limb
- Sunday 14 June:** Anatomy of the Spine & Physiology of the Cardiopulmonary & Nervous Systems
- Sunday 2 August:** Physiology of the Digestive, Immune, Endocrine, Urinary & Reproductive Systems

Course 2, 'Applied Anatomy & Physiology of Hatha Yoga': Course 1 consists of 12 x 3 hour sessions over 4 weekends:

Saturdays at 1 pm - 4 pm, Sundays at 9 am - 4 pm

- Saturday 2 May:** Introduction to Applied Anatomy & Physiology of Hatha Yoga
- Sunday 3 May:** Applied Anatomy of the Upper Limb in Hatha Yoga
- Saturday 6 June:** Applied Anatomy of the Hip in Hatha Yoga
- Sunday 7 June:** Applied Anatomy of the Lower Limb in Hatha Yoga
- Saturday 27 June:** Applied Anatomy of the Spine & Trunk in Hatha Yoga
- Sunday 28 June:** Effects of Hatha Yoga on the Cardiopulmonary & Nervous Systems
- Saturday 8 August:** Effects of Hatha Yoga, Nutrition & Breathing on the Digestive & Immune Systems
- Sunday 9 August:** Effects of Hatha Yoga on the Endocrine, Urinary and Reproductive Systems

Enrolment: Yoga Synergy members may enrol **1)** via the website, **2)** at the school with your teacher, **3)** by posting booking form and credit card details or cheque to **YOGA SYNERGY Pty Ltd., P.O. Box 9 Waverley 2024** or **4)** by calling the office (02) 9389 7399 to pay by credit card over the phone. **Non-members** may become a member online at www.yogasynergy.com (Members section) and then enrol by any of the four options above. If you do not wish to become a member, but would like to do the course then please book by either calling the office (02) 9389 7399 to pay by credit card over the phone or by posting a cheque or credit card details to the above address, including your booking form (below). 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.

ANATOMY & PHYSIOLOGY COURSE 2009 BOOKING FORM

Please circle options & prices	Yoga Synergy Members	Non-Members	TOTAL AMOUNT PAID \$: _____
Course 1 & Course 2 (BOOK INCLUDED)	\$660	\$733	
Course 2 only (BOOK INCLUDED)	\$456	\$506	
Course 1 only (BOOK INCLUDED)	\$320	\$354	
Course 2 repeat students: (BOOK <u>NOT</u> INCLUDED) If you wish to purchase AP 2008 text book, it is an additional cost (below).	\$220	\$245	
Yoga Synergy Anatomy Text Book (AP2007)	\$77	\$88	

Cardholder's Full Name: _____ **Daytime Contact No:** _____

Email address: _____ **Membership number:** _____

Credit card (Visa/M.Card/): _____ **EXP DATE:** ____/____

Signature: _____