



YogaSynergy Weekend Retreat

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YogaSynergy *ELEMENTS*

with

Simon Borg-Olivier

Friday Oct 30th - Sunday Nov 1st, 2009



This weekend will include all 5 of the main sequences taught at **YogaSynergy**. This is a chance for you to expand and develop your own practice. The first part of each class will begin with some practical learning experience on inner body work to help understand what you are meant to be feeling during your practice. These are the physical, physiological and psychological things you cannot learn from visual learning alone and are often missed in regular classes. The second part of each class will be in the form of a visually instructed silent class with music. *Pranayama* (breathing exercises), *bandhas* (internal locks) and *mudras* (the key to generating and moving energy through the body) and Philosophy of Yoga will all be explored in greater detail than is possible in normal classes at school. Classes will vary in length from between 2 hours to 3 hours, and are a mixture of technical inquiry and flow-through meditative styles. It is a pre-requisite of coming on the retreat that you have experience with the Yoga Synergy style of yoga. The food is pure vegetarian, Satvik food, cooked with love and respect. There will be no stimulants such as tea or coffee available (herbal tea will be provided) and we ask that you respect the centre and not bring your own. This is a chance to take a break in a beautiful National park bushland setting only one hour from Sydney, recharge your batteries with a beautiful yoga practice, great food, and excellent company.

WEEKEND PROGRAM:

Friday 30th October (Please arrive after 4pm)

- 6.00 pm **Yoga: Learning principle:** 'Union of Opposites'; **Practice:** Visually instructed **Earth**Sequence
- Dinner

Saturday 1st November

- 8.00 am **Yoga: Learning:** 'Outer power...Inner peace'; **Practice:** Visually instructed **Water**Sequence
- Brunch
- 4.00 pm **Yoga: Learning:** 'Firm but Calm...Sthira Sukham Asanam'; **Practice:** Visually instructed **Fire**Sequence
- Dinner

Sunday 2nd November

- 6.00 am **Yoga: Learning:** 'Dynamic Relaxation and Revunetation'; **Practice:** Visually instructed **Air**Sequence
- Breakfast
- 12.00 pm **Yoga: Learning:** 'Structure and Freedom...Here and Now'; **Practice:** Visually instructed **Ether**Sequence
- Light meal then around 4.00 pm Leaving Govinda Valley return home

WHERE: At the bushland Govinda Valley Centre at Otford, approx. 90 minutes south of Sydney.

DIRECTIONS FOR GETTING THERE:

- From Sydney take the No 1 Highway (to Wollongong)
- Take the Helensburgh / Stanwell Park exit (10-15 mins down highway past Royal National Park entrance).
- When you reach the round-about keep going, straight past the Hindu temple (on your left). This road is called Lawrence Hargraves Road. Lawrence Hargraves Road becomes Lady Wakehurst Road when you reach the Stanwell Tops lookout.
- When you pass Stanwell Tops, turn left into Otford Road.
- Turn right into Lady Carrington Road and continue past a small water bridge, there is a sign there that says Otford Valley Farm. Govinda Valley is right next to Otford Valley Farm on the left.

If you don't have transport please let us know when you book and we will try to organize a lift for you, likewise if you have room in your car and are willing to give others a lift please let us know when you book so we can co-ordinate this. Alternatively, the center is not far from the Otford Railway station, it's only a 5-10 min walk to the retreat centre.

PLEASE BRING: Blankets, sheets or sleeping bags, pillow, insect repellent, your own yoga mat if you have it and your own yoga blankets – we get you to take down (and return to YogaSynergy) 2 blankets and a mat from the school if you don't have your own – please let us know when you book. Accommodation is rooms of 4, single beds, and some rooms with bunk beds – if you have friends you wish to share with please let us know when you book.

All food is vegetarian and cooked lovingly by the Hari Krishna community, we will be required to wash up after meals for which a roster will be devised.

COST: (Please note that a cancellation fee of \$50 applies for all cancellations after 1/10/09)

This retreat is for Yoga Synergy Members only: **\$457 (includes GST)**

Booking Form for Residential Yoga Weekend Retreat, October/November 2009

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

Total **\$457** (member number _____) **REQUIRE LIFT / CAN GIVE A LIFT** (please circle)

My full card number is:

□□□□ □□□□ □□□□ □□□□ Exp: _____ Signature of Cardholder _____

Cardholder's Name _____

Postal Address: _____ Postcode _____

Email Address: _____