



YogaSynergy

www.yogasynergy.com



YogaSynergy Workshops, Retreats and Courses in the Practical Applied Anatomy and Physiology of Yoga and Exercise, by Simon Borg-Olivier in 2009

Simon Borg-Olivier MSc BAppSc (Physiotherapy) has been practicing yoga for more than 40 years, teaching yoga for 25 years, and has been teaching courses in practical interactive applied anatomy and physiology of yoga and yoga therapy for the last 15 years around the world. These are unique courses for professional and personal development.

Simon Borg-Olivier and **Bianca Machliss**, physiotherapists and directors of **YogaSynergy** have developed courses in **Practical Applied Anatomy and Physiology of Yoga** from their more than 50 years of combined experience in preventing and managing yoga injuries as physiotherapists, as well as their personal mastery of yoga.

Since 2007 Simon has taught this as a 156 hour degree course at RMIT University.

These courses:

- Are very physical and practical. Every piece of theory is followed by practice
- Regularly gives you the opportunity to do simple exercises that help you physically understand the theory and to make it a practical learning experience.
- Include key information for yoga teachers and personal trainers
- Include Yoga Therapy on each major section

LEARN Yogic Secrets of Core Stabilisation that develop Energy and Strength while Staying Calm:

Learn how to activate the 'organs of action' (arms and legs) to build core stability, energise the body and tone your body systems.

Build a mastery of your core through control of your spine and internal organs promoting joint strength and stability. Increase vitality of movements of your exercise, and daily activities. Learn to do more in your daily life with less stress/fatigue and greater vitality.

LEARN Intelligent use of shoulders, elbows, wrists, hips, knees, ankles in yoga and exercise.

Simon will explain how to use your limbs to regulate breathing and circulation (energy and fitness), the nervous system (health, strength and calmness) and the internal organs (digestion and sexual function).

LEARN how to enhance the health of the spine and the body systems (respiratory, circulatory, nervous, immune, endocrine and reproductive):

Simon shows how to use posture, movement and breath-control to develop energy, strength and stability; and how to increase mobility and your ability to remain calm, focused and healthy.

Confirmed Course Dates: (Please contact our office or see our website for details of course costs and times)

Sydney: May to August 2009 (36 Hours over 4 weekends - 2 & 3 May, 6 & 7 June, 27 & 28 June, 8 & 9 August)

Bali: 11 – 18 May and 19 – 25 October 2009,

Wellington: 21 -23 August 2009

Tokyo and Singapore: 17 – 26 July 2009

Sydney: 30 October – 1 November 2009 (Residential Retreat, Govinda Valley)

Brisbane and Byron Bay: 6-16 November 2009 (10 days of interactive Applied Anatomy and Yoga Therapy)

Online course at RMIT University: commencing start of each University Semester

Also Available: YogaSynergy Teacher Training, Beginner to Advanced Yoga Course, Special Workshops & Retreats

Simon Borg-Olivier, Yoga Synergy Calendar of Events 2009

	Dates	Workshop/Course/ Conference/Event	Place	Contact/Organiser
	19 January – 6 February 2009	Outdoor Morning Course with Simon Borg-Olivier: Visually Instructed Silent Led Practice of YogaSynergy Element Sequences:	Bronte Beach, (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com
	21-22 February 2009	Simon Borg-Olivier teaching 20 hours YogaSynergy Applied Anatomy in: Yoga Jaya Teacher Training and Intensive 200-hour Yoga Alliance Certification Course	Yoga Jaya, Tokyo, Japan	YogaJaya International Intensive Teacher Training www.yogajaya.com
	23-26 February 2009	Workshops and Courses with Simon Borg-Olivier: YogaSynergy Element Series	Yoga Jaya, Tokyo, Japan	www.yogajaya.com
	27-28 February 2009	Simon Borg-Olivier teaching 20 hours YogaSynergy Applied Anatomy in: Yoga Jaya Teacher Training and Intensive 200-hour Yoga Alliance Certification Course	Yoga Jaya, Osaka, Japan	YogaJaya International Intensive Teacher Training www.yogajaya.com
	8-10 April 2009	Lectures, Workshops & Advanced Yoga Demonstration by Simon Borg-Olivier at the International Yoga and Ayurveda Conference	Angel Arcade Convention Centre Sydney, Australia	http://www.ayaaustralia.org/2009
	17-21 April 2009	Lectures by Simon Borg-Olivier at the FILEX 2009 (Fitness Leaders) Convention	Darling Harbour, Sydney, Australia	www.fitnessnetwork.com.au/PDF/file_x_2009/mindbody.pdf
	17-21 April 2009	Lectures and demonstrations by Simon Borg-Olivier at the YOGA09 Conference	YOGA08 Darling Harbour, Sydney, Australia	www.australianyogaconference.com
	2-3 May 2009	Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 1 of 4: Introduction, the Upper Limb and Neck	Yoga in Daily Life School Randwick (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com

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	10-22 May 2009	Simon Borg-Olivier teaching 30 hours applied anatomy of yoga in: Vibrant Living Yoga Teacher Training and Intensive 200-hour Yoga Alliance certification course	Ubud, Bali, Indonesia	www.DanielAaron.com www.RadiantlyAlive.com
	28-29 May 2009	Workshop with Simon Borg-Olivier: YogaSynergy Apa (Water Sequence)	Melbourne, Australia	Roman Kouzmenko www.yogasynergy.com.au/main/content/other-locations Phone: +61 2 419 369 364 roman.kouzmenko@gmail.com
	6-7 June 2009	Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 2 of 4; The Lower Limb and the Lower Back	Yoga in Daily Life School Randwick (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com
	27-28 June 2009	Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 3 of 4: Spine, and Cardiovascular and Nervous Systems	Yoga in Daily Life School Randwick (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com
	11 July 2009	Simon Borg-Olivier: Lecture / Class on the Styles of Hatha Yoga – YogaSynergy Style	St Leonards, Sydney, Australia	www.naturecare.com.au
	19-20 July 2009	Simon Borg-Olivier teaching 20 hours Yoga Synergy Applied Anatomy in: Yoga Jaya Teacher Training and Intensive 200-hour Yoga Alliance certification course	Yoga Jaya, Tokyo, Japan	YogaJaya International Intensive Teacher Training www.yogajaya.com
	21-22 July 2009	Workshops with Simon Borg-Olivier: Viparita Karani: YogaSynergy Inverted Series	Yoga Jaya, Tokyo, Japan	www.yogajaya.com www.yogajaya.com/jp/workshops/2009_07_simon.html
	24-26 July 2009	Retreat with Simon Borg-Olivier: Yoga Synergy Elements	Austin Hill Johor, Singapore	Ysynergy: James Mok +60133366660 www.ysynergy.com/events-simonborg.html

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	Dates	Workshop/Course/ Conference/Event	Place	Contact/Organiser
	8 August 2009	Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga: Special Lecture: ' Nutrition, Diet and the Art and Science of Learning how to Eat Less to Live Longer ' Weekend 4 of 4: Yogic Nutrition	Yoga in Daily Life School Randwick (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com
	9 August 2009	Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 4 of 4: Body Systems	Yoga in Daily Life School Randwick (Sydney), Australia	Yoga Synergy +61 2 9389 7399 www.yogasynergy.com yoga@yogasynergy.com
	14-16 August 2009	Workshop with Simon Borg-Olivier: Yoga Synergy ' Generating Energy and Power with Focused Calmness '	Brisbane, Australia	Kate Pell +61 7 3892 5512 www.theyogaden.com.au katepelican@optusnet.com.au
	21-23 August 2009	Workshop Course with Simon Borg-Olivier: Body, Breath and Mind: Practical Applied Anatomy & Physiology of Yoga	Wellington, New Zealand	+64 4 384 4329 www.yogaunlimited.co.nz bookings@yogaunlimited.co.nz
	28-31 August 2009	Retreat with Simon Borg-Olivier: Yoga Synergy: 'Sthira Sukham Asanam' – how to do physical exercise in a way that is firm but calm'	The Sancturay, Mission Beach Nth Queensland , Australia	Akhila Hughes +61410795497 www.sanctuaryyogaretreats.com.au And pdf available at http://tinyurl.com/YS- SanctuaryRetreat09
	12 September 2009	Yoga Synergy Workshop and Demonstration with Simon Borg- Olivier	Avalon, Sydney	www.breathingspaceyoga.com.au denby@breathingspaceyoga.com.au Contact: Denby +61 413747644
	21-26 September 2009	Intensive Retreat with William Trubridge, Simon Borg-Olivier & Tim Miller: For Advanced Free Diving, Yoga & NLP	Long Island, Bahamas	www.verticalblue.net/ www.yogasynergy.com
	10-11 October 2009	Workshops and Lectures By Simon Borg-Olivier at the Singapore Sun Festival (Conference)	Singapore	www.singaporesunfestival.com http://www.singaporesunfestival.com/ 2009/event- details.php?id=sunyogacon&cat=WELLNESS

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	19-25 October 2009	Simon Borg-Olivier teaching 30 hours applied anatomy of yoga in: Vibrant Living Yoga Teacher Training and Intensive 200-hour Yoga Alliance certification course	Ubud, Bali, Indonesia	www.DanielAaron.com www.RadiantlyAlive.com
	30 October – 1 November 2009	Retreat with Simon Borg-Olivier & Bianca Machliss: Yoga Synergy Elements	Govinda Valley (1 hour south of Sydney)	Yoga Synergy Retreat +61 2 9389 7399 http://www.yogasynergy.com yoga@yogasynergy.com
	6-8 November 2009	Intensive Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 1 of 2	Brisbane, Australia	Susan Wanmer +61 7 3369 7404 www.miltonyogastudio.com.au synergy@miltonyogastudio.com.au
	9-12 November 2009	Yoga Therapy Intensive Course with Simon Borg-Olivier: 24 hours of the Applied Anatomy and Physiology of Yoga Therapy	Byron Bay, Australia	Lance & Susan Schuler: Inspya yoga +61 2 6685 4221 schulers@bigpond.com www.inspyayoga.com
	13-16 November 2009	Intensive Course with Simon Borg-Olivier: Applied Anatomy & Physiology of Yoga Weekend 2 of 2	Brisbane, Australia	Susan Wanmer +61 7 3369 7404 www.miltonyogastudio.com.au synergy@miltonyogastudio.com.au
	21-22 November 2009	Workshop with Simon Borg-Olivier: YogaSynergy Akasa (Ether Sequence)	Melbourne, Australia	Roman Kouzmenko www.yogasynergy.com.au/main/content/other-locations Phone: +61 2 419 369 364 roman.kouzmenko@gmail.com
	27 November – 2 December 2009	Workshops and Lectures by Simon Borg-Olivier During and After the 'Get Fit Asia Conference'	Bangkok, Thailand	www.getfitasia.net/ www.fitthai.com

For further information regarding any of these workshops please contact the individual organisers of each workshop or email yoga@yogasynergy.com to be sent a course flier.