

*Australian-born Tibetan Buddhist nun Robina Courtin visits Santhosa Yoga and Meditation School on the premises of Claypot Curry House.*

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Meet an International teacher venerable Robina Courtin at Santhosa in Bass Woolamai for a one day workshop. Venerable Robina is an amazing teacher and speaker. Her wisdom teaching is practical and inspirational. Just being in a room with her is an experience in itself.

Introducing venerable Robina.....

Australian-born Tibetan Buddhist nun Robina Courtin travels the world teaching Buddhist psychology and philosophy and helping those in need. Well known for her work for 14 years with people in prisons in Australia and the US, including inmates on death row, Robina's life and work is the subject of the award-winning documentary film *Chasing Buddha* (2001) and ABC's *Key to Freedom* (2008).

Ordained since the late 1970s, Robina has worked full time since then for Lama Thubten Yeshe and Lama Zopa Rinpoche's Foundation for the Preservation of the Mahayana Tradition, a worldwide network of Buddhist centers and activities. Over the years she has served as editorial director of Wisdom Publications, editor of *Mandala Magazine*, executive director of Liberation Prison Project, and as a touring teacher of Buddhism.



**Topic for the day: "It's all in the mind"**

**When: Sunday 12<sup>th</sup> August Full day workshop from 10am-4pm**

**Where: Santhosa Yoga & Meditation School**

**733 Turnbull-Woolamai Road**

**Woolamai**

**Price: \$75.00 per person includes a vegetarian lunch and tea & coffee**

**A donation will be made to ven. Robina's projects**

**Contact details: Shirani on 0425 748 907 for reservations and ticket purchase. Limited number of places available. Book early to avoid disappointment.**

**Bring along: a cushion and blanket/rug, low chair.**

**For bank deposits:**

**Account Name: Claypot Curry House**

**BSB: 033265 Account No.269188**

**Your reference: Robina/your name**

## Restorative & Therapeutic Yoga Teacher Training & Workshops In Australia



Kashmir Shaivism School of Yoga & Santhosa Yoga and Meditation School on the Bass coast near Phillip Island bring to you an experience of a lifetime.

27<sup>th</sup> August – 27<sup>th</sup> September 2018

International yogis Lina Ma and Amit Raina will lead the sessions.

We are offering a unique and special training course and workshops in peaceful surroundings. The course will be led by Indian and International teachers firmly rooted in yogic tradition, yet contemporary in terms of vision, anatomical understanding and communication style. The Kashmir Shaivism School of Yoga teaches how, through refined alignment, we can develop our inner ability to feel harmony with the unifying spirit.

Our course marries the philosophy of Kashmir Shaivism, tantric non-dualistic philosophy that affirms and celebrates life, and the focus and precise alignment based with the teachings of the Iyengar School of Yoga.

Please contact Shirani if you require more details.

[www.ksschoolofyoga.com](http://www.ksschoolofyoga.com)

[www.santhosa.com.au](http://www.santhosa.com.au)

## Programme

Week 1: Yoga, Ayurveda and introduction to Shaivism

Week 2: Yoga and mental mood disorders

Week 3: Yoga and Heart conditions

Week 4: Yoga, back pain, shoulder pain, and management of sciatica

### Daily Timetable

Meditation, Sukshuma Kashmir Shaivism, Breath	7.00 – 7.30am
Asana Practice	7.30 - 9.00am
Breakfast	9.00 -10.30am
Yoga Philosophy	10.30 -11.45am
Teaching methodology	11.45- 12.45pm
Lunch break	12.45 – 2.30pm
Anatomy and Physiology	2.30 – 3.30pm
Mantras and Bhajan Chanting	3.30 – 3.45pm
Pranayama and Yoga Nidra	3.45 – 4.45pm
Therapy and self practice (optional)	Until 5.45pm

## Fees:

Early bird discount \$ 1700

Normally \$ 1900

- Includes: tuition, Manual, herbal teas and certificate

Accommodation shared:

\$ 230 per person for 4 weeks

Food: \$ 230 for 10 meals per person  
Cottage has kitchen and BBQ facilities and Bass Hotel is minutes away

Whole package with

Early bird discount \$ 2490 extended to end of July.

Normally: \$ 2700

Transport to and from the nearest shopping centre will be available.



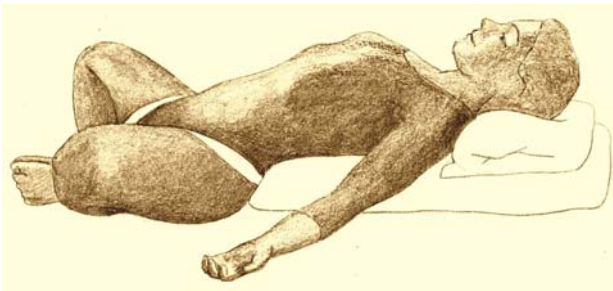
Contact:

Shirani on 0425 748 907

email: [spe10437@bigpond.net.au](mailto:spe10437@bigpond.net.au)

## What you will learn:

- ❖ Recovery and restoration through yoga asanas
- ❖ Professional adjustments for shoulder, neck, back and thyroid problems
- ❖ Yoga and Ayurveda, Yoga nidra



Claypot Curry House

733 Turnbull – Woolamai Road  
Woolamai  
Victoria 3995

Mobile:  
0425 748 907

**Kashmir Shaivism  
School of Yoga**  
Accredited with  
Yoga Alliance

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[www.ksschoolofyoga.com](http://www.ksschoolofyoga.com)

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