

## 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 US\$ 1700

Normally US\$ 1900

- Includes: tuition, Manual, herbal teas and certificate

Accommodation shared:

US\$ 230 per person for 4 weeks

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

Whole package with

Early bird discount \$US 2490

Normally: \$US 2700

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



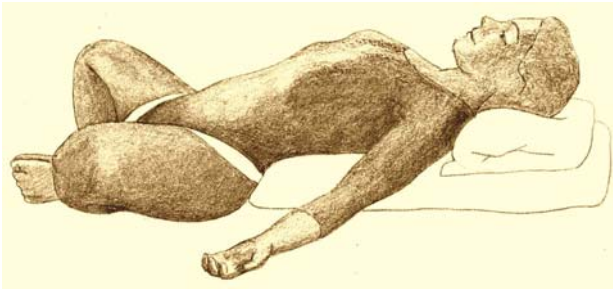
Contact:

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



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0425 748 907

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

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