

## YOGA FOR HEALTH & WELLBEING

### Term 4 2011

4.30 – 5.30pm Wednesday  
1 Feb to 21 March

### Venue

Comcare Civic  
Level 4

### Cost

\$120 for 8 classes

### ABOUT SATYANANDA YOGA

Satyananda Yoga is an internationally-renowned system that works to align and focus the body, mind, emotions and spirit. Often we are reactive and habitual – limiting our experience. With the practice of yoga you become the conscious knower of yourself – an expansive experience.

### ABOUT YOGAMANAS

Sannyasi Yogamanas (Manas Blackman) is an initiate of the Satyananda Yoga tradition, which teaches and keeps alive the knowledge of yoga. He is a Level 2 accredited yoga teacher, accredited and affiliated with the Satyananda Yoga Academy. Cert IV workplace training and assessment.

### PRACTICES

Physical postures, breathing techniques, meditation/relaxation technique. Strengthen and stretch, then relax completely. No experience or specific skill level required.

### PREPARATION

Avoid eating for a few hours prior to the class.

Bring something to lie on – a mat or towel; and a shawl or blanket to cover yourself for the last part of the class as you will be very relaxed and body temperature can drop.

If you have any special needs – back condition, blood pressure etc – please let Yogamanas know. These will not exclude you – rather, the practices can be adjusted so they are right for you.

### Payment options

#### 1. Direct deposit:

Service One Members Banking  
BSB – 801009  
Account number – 1209144  
Account name – M. Blackman

#### 2. Cheque payable to 'M. Blackman':

PO Box 262  
Curtin ACT 2605

ENROLLING? Please email confirming, and send the fee before the first class. Thankyou!

**Note:** All payments/classes are non-transferable and non-refundable.