

Weekend retreat dates for 2011

March 4-6

Freeing the Body, Freeing the Mind
... the outer, inner and deeper practices of yoga

May 20-22

The Living Path of Love
... a delightful source of wisdom and uplifting energy

August 26-28

Enlightened Courage
Transform fear. Trust your nature enough to let go into the present moment.

December 2-4

Silent Mind, Holy Mind
Peace, love and healing

Time

Fri 7- 9pm. Sat 7am - 6pm. Sun 7am - 4.30pm

Fee

\$460 entire weekend, Fri to Sun, including meals

OR only Saturday \$300 (add meals)

OR only Sunday \$225 (add meals)

OR Single session 1 hr \$55; 1.5 hrs \$60; 2 hrs \$70; 2.5 hrs \$75; back-to-back \$95

Meals

Breakfast: Ayurvedic creamy porridge. Toast, spreads.

Standard and herbal teas. Fresh fruit. \$8

Lunch: Scrumptious Indian vegetarian: \$20.

Venue

Southern Yoga and Health Centre

1st Floor, 24 Station Street, Moorabbin.

Tel: (03) 9553 0162

The Health Institute

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Ayurvedic Practitioner Training

Tel: (07) 5531 0511 Fax: (07) 5531 0522

shantiyoga.com.au /melbourne events

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BOOKS by Shanti Gowans

An Easy Guide to Meditation. The journey home to your heart
Ayurveda for Health and Wellbeing. The science of life and the art of healthy living
Ayurvedic Vegetarian Cooking. The yoga of food, foundational recipes
Breathe for Health. Explore the anatomy of conscious breathing. Release stress.
Catching Rainbows, Touching Stars. Inspirational quotations and colouring-in book
Concentration. The key to success. Acquire practical skills for study and work
Food for Life. Food for health. Food as medicine. Food to enjoy. Ayurvedic recipes
For Better, Not Worse. Happiness, love and constant enrichment in your relationships
Healing Yoga. Ease head, neck and shoulder stiffness, tension and pain
Hypertension and You. Drugless, yogic management for high blood pressure
Inner Peace Handbook. Control of the mind through Yoga
Intimacy, Love and Transformation. A catalyst for your journey towards self-transformation
Keep Fit while you Sit. Yogic practices you can do whilst seated
Peaceful Warrior. Cultivate world peace by victory over war within our hearts and minds
Reflections of a Yogi. Deep, inspirational poetic wisdom to refresh your perspective
Salute to the Sun. Surya Namaskara, The Shanti Yoga practice of solar vitalisation
Sitting beyond Thinking. Everything you've ever wanted and needed to know about meditation
Stress Ease. Shanti Yoga™ exercises to relax your upper back, neck and shoulders
The Art of Being...in Business. Pursue your passion. Serve the people
The Best is yet to Be. A positive yogic perspective to ageing
The Children's Book of Shanti Yoga™. Yoga, practices, verses, relaxation, stories
The Yoga Sutras. Dissertation of Patanjali's sutras of Raja Yoga
Transform your life Believe in yourself. Exercises to help you free your Spirit
Yoga and Ayurveda Dictionary. Sanskrit (Romanised) to English for the beginner
Yoga Education for Children. A manual for teaching Shanti yoga to children
Yoga for Pregnancy. Mental and physical preparation for a beautiful birth and after the birth
Your Future is in your Hands. Manage your time, your life and your Self

GUIDED PRACTICES on CDs by Shanti Gowans

Breathe for Health. Health from within by breathing the body, mind and heart free
Calm the Mind. Discover Inner Peace. 4 CDs. A vast selection of wonderful yogic visualisations

Deep Relaxation and Self Healing. 2 CDs. Yogic relaxations help you experience peace and be rejuvenated

Guided Meditations on Mindfulness. 2 CDs Unsurpassed training in timeless, classical mindfulness

Hatha Yoga. Classical hatha yoga practices

Meditation for Children. 2 CDs. Beautiful, yogic messages interwoven in inspiring stories that children and people of all ages love

Origins Yearnings Destiny. Challenge & sweep away limited thinking & attitudes

Samadhi. Deep relaxation, mental stillness, unified consciousness

Vipassana. Guided meditation based on ancient, classical, insight practice

Yoga for Health and Fitness

SHANTI YOGA™ DVD: Beginner's Standing Postures by Shanti Gowans
Practice Shanti Yoga with Shantiji daily. Easy to follow instructions to help you release neck and shoulder tension, strengthen back muscles, build flexibility, revitalise and relax.

Shanti ^ॐ

MELBOURNE 2011

Deep • Directed • Aware • Ongoing



You are warmly invited to upcoming events
with Shantiji in Melbourne 2011

FRIDAY 7-9pm

1. 7-9 pm Energise. Yoga and Pranayama, the healing breath.

Internal and external breathing at causal, subtle and physical levels. Unblocks and re-aligns all the meridians within your body, leaving you feeling peaceful and well. Followed by Gentle Shanti yoga to revive your body and expand your mind.

SATURDAY 7am-6pm

2. 7-8.30am Mind. Meditation. Morning discourse.

Calm abiding meditation. Increases your level of personal peace, followed by inspiring spiritual teaching and philosophy during the opening discourse.

8.30 Communal breakfast. Connection and dialogue with others.

3. 10-12.30 Body. Shanti Yoga asana 1 & 2: Wellbeing optimisation.

When the mind touches the body, cells respond. Yoga peace. Floor stretches. Stretch, breathe, relax and detox the body. Asanas that restore and rejuvenate the mind, body and spirit.

Yoga gentle plus. Energise. Dynamic sequence of asanas that increase the vitality, joy and consistency of joint and back health. Enhance physical wellbeing.

12.30 Scrumptious Indian vegetarian lunch.

4 & 5. 2-3.30 Relate. Discourse and group discussion. Dialogue process.

or

4. 2.00-2.30 Relate. Discourse and group discussion. Dialogue process.

5. 2.30-3.30 Walk and Talk with Shantiji and fellow students.

6. 3.30-4.30 Heal. Deep relaxation & self healing, yoga nidra 1. Treatments come from the outside but healing comes from within the stillness of total relaxation.

7. 4.30-6.00 Joy and Discover. Chanting, discourse and satsang, spiritual discussion 'in the company of truth'.

Open your heart. Be uplifted through the inhaled breath and powerful sacred sounds and words that transform into the lightness of being. Enlightened teachings with a true master of Yoga who has an intimate understanding of and an adherence to, a vast body of Yogic knowledge. Opportunities to ask questions.

SUNDAY 7am-4.30 pm

8. 7-8.30am Mind. Guided Meditation.

Morning discourse. Clarity, presence, emotional calmness and richness.

8.30 Communal breakfast. Connection and dialogue with others.

9. 10-12.30 Body. ShantiYoga asana. Wisdom embodied in action.

Yoga peace plus. Postures to elongate your back, heal and rehabilitate neuro-pathways and build core strength. Classical yoga.

Great *vinyasa*, yoga flow, with warm ups, stress busters, fix its; stimulates *chakras*; increases vitality; harmonises flow.

12.30 Scrumptious Indian vegetarian lunch.

10. 2.00-3.00 Relate. Discourse and Group discussion. Dialogue process. Q & A.

11. 3.00-4.00 Heal. Deep, deep, relaxation Yoga nidra 2.

Psychic sleep. Spontaneous healing, inspiring, spiritual journey. Visit your sacred space.

12. 4-4.30 Love. Closing spiritual discourse. The future is imbibed into us.



Shanti Gowans, the CEO of The Health Institute, Australia and the founder of The Shanti Yoga system, is one of the most celebrated yogis amongst the new generation of great, yoga meditation masters of our time. She is deeply versed in the practical and philosophical disciplines of the ancient traditions of Vedanta, Yoga, Ayurveda and Theravada.

Shantiji has taught throughout the world and is known for her ability to convey the teachings of yoga in a fresh, profound and straightforward style. Shantiji believes in the power of yoga as a catalyst for social change. She is the author of several acclaimed books and programs on yoga and meditation.

Shanti Yoga is a modernised form of Yoga that remains true to its classical tradition and foundational principles. It's main aim is the restoration of health, emotional stability and the development of intelligence. It is suitable for all bodies and levels and fosters self-directed learning.

Through Shanti Yoga you learn to tune into your body's feedback mechanism to feel as good as possible. Places where you may have been holding tension in your body, melt like ice through the warm and gentle release of the Shanti yoga work. After exhaling a few deep breaths, you begin to release stress, your heart rate becomes slower, melding into the melodious interplay of life. Life's complications wash away, leaving you to feel the carefree part of yourself that is free from the limitations of time or worries.

With Shanti Yoga you feel the joy that comes from being fully grounded in your body, relaxed and alert to all that is happening around you. When you feel at your best, it is easy to be a positive influence on others, the greater community and the world at large. Shanti Yoga does not discriminate between yogas, nor treat meditation as separate, as it goes more deeply into the greater yogic tradition. Through Shanti yoga, muscular blocks are removed, while the Shanti Yoga breath practices, *pranayama*, help align energy flows in the subtle body and the meditation practices concentrate consciousness.

When you attend Shantiji's weekend, expect a unique, authentic, enjoyable and deeply powerful experience that will transform you and change your life.

