

“Awaken the Energy of Your Spine”

A Yoga Synergy weekend workshop with Yoga Master Simon Borg-Olivier

Friday 24th - Sunday 26th February 2012

The seat of our internal energy is located between the navel and the ‘navel spine’ (L4-L5). The spine has 24 main vertebrae that should be able to move independently. Most people living in the modern world have lost the ability to move their spine in any more than a few places. This leads to areas of hypermobility (increased flexibility) resulting in back pain and hypomobility (increased stiffness) which reduces internal organ function and circulatory health.

Over the course of the workshop, Simon will teach a set of simple ‘rules’ that explains how to move the spine effectively as well as the complex combinations of spinal movements that are hidden in most traditional yoga postures.

In this workshop you will be shown how to safely and effectively control and move your spine from the navel centre in order to:

- increase circulation and energy without the need for the heart to beat faster
- improve trunk strength and core stability without tension or stress
- increase flexibility without feeling like you are stretching
- massage internal organs to improve organ health
- free yourself of most types of back pain



yogasynergy

Workshop Schedule: \$275pp (all 5 sessions)

Individual sessions: \$75pp (Fri & Sat only)



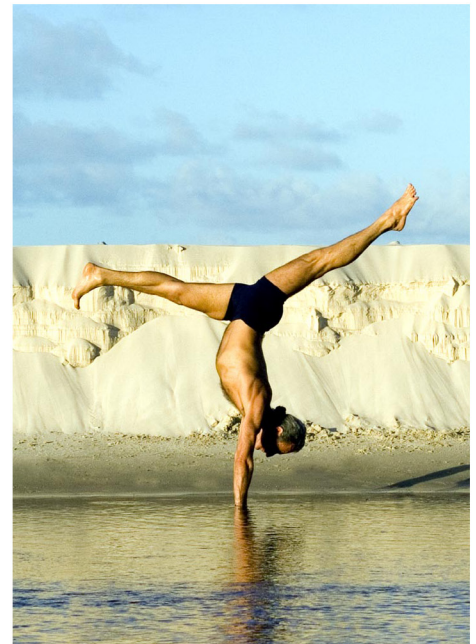
Friday 24th February:	
18.00 - 19.00	FREE lecture and advanced yoga demonstration
19.00 - 21.00	Session 1: Develop internal spinal energy
Saturday 25th February:	
9.00 - 12.00	Session 2: Deepening your core movements with external energy
14.00 - 17.00	Session 3: Firm but Calm ‘Sthira Sukham Asanam’
Sunday 26th February:	
9.00 - 12.00	Session 4: Spinal breath-control in movement and stillness
14.00 - 17.00	Session 5: Dynamic to static meditative practice... awaken the chakras

To make a booking contact Samudra:

Online Store: www.samudra.com.au/events **Tel:** (08)9779 9977 **Email:** info@samudra.com.au

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About Simon:

Simon Borg-Olivier MSc BAppSc (Physiotherapy) is a Co-Director of Yoga Synergy, one of Australia's oldest and most respected yoga schools. The Yoga Synergy style is based on a deep understanding of yoga anatomy, yoga physiology and traditional Hatha Yoga. Simon has been teaching since 1982. He is a registered physiotherapist, a research scientist and a university lecturer. Simon has been regularly invited to teach at special workshops and conferences interstate and overseas since 1990.

Suffice to say, Simon has led an extraordinary life. At the age of six, he was introduced to yogic breathing (pranayama) by his father George who taught him to swim underwater, and the main bandhas (internal locks) through a family friendship with Rhodesian Olympian Basil Brown. At the age of 17, he met a Tibetan Lama who introduced him to the philosophy and practice of Tantric Yoga. In 1985, Simon met his primary teacher Natanaga Zhander (Shandor Remete) with whom he studied for almost two decades. He has also studied with such internationally revered Indian teachers as BKS Iyengar, K. Pattabhi Jois and TKV Desikachar. Since 2007, Simon has been developing his yoga practice and understanding by studying with Master Zhen Hua Yang.

During the past 20 years, as well as running a successful yoga school, Simon has continued to both study and teach at the University of Sydney. Simon has completed a Bachelor of Science in Human Biology, a research-based Master of Science in Molecular Biology and a Bachelor of Applied Science in Physiotherapy. As well as teaching both group and individual classes through Yoga Synergy, Simon also teaches regularly at workshops and conferences both nationally and internationally. He lives in Sydney with his wife and fellow-yoga teacher Vitoria and their children Amaliah and Eric.

BOOKING METHODS:

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