Applied Anatomy & Physiology of Yoga

Intensive 2 Weekend Interactive Course with
Simon Borg-Olivier MSc BAppSc(Physiotherapy)

21-23 & 28-30 NOVEMBER – BRISBANE
Interstate/International attendees welcome

This course is your unique opportunity to gain practical knowledge and skills from a master of yoga and science.

- Use 3 spinal reflexes to enhance strength, flexibility and relaxation
- Learn 18 bandhas (internal locks) that stabilise joints and control energy and information flow
- Practice 9 mudras (special postures) that tension (stretch) nerves and acupuncture meridians and enhance their function
- Improve circulation and reduce stress on the heart using 7 internal pumps
- Develop breath control that enhances strength, energy and meditation, while reducing need for food and sleep
- Maximise the benefits of yoga and yoga therapy, while minimising the risk of injury

Immerse yourself in the medical and yogic insights of one of Australia’s most respected and longest practicing authorities on the essential anatomy and physiology of yoga.

Weekend A: 21—23 November 2008
Weekend B: 28—30 November 2008
(Fri pm, Sat, Sun: 18 hours each weekend)
Price: from $697 for 2 weekends.
Certificate of Attendance included
Venue: Milton Yoga Studio Brisbane Queensland

YogaSynergy’s ‘Applied Anatomy & Physiology of Yoga’ course will also be available online soon at www.yogasynergy.com

Spaces are limited, book soon for early bird discounts.
Contact us on +61 7 3369 7404 or synergy@miltonyogastudio.com.au

Full course details are available on our websites. Also available is the in-depth text ‘Applied Anatomy and Physiology of Yoga’, as well as YogaSynergy DVDs (by YogaSynergy Directors and physiotherapists Simon Borg-Olivier & Bianca Machliss)