

atmayoga

body · mind · soul · supersoul

Retreat 2011

Wed 26 January to Sun 30 January

Nuture your body, your mind, and
your soul on a five day retreat in
the rainforest **Springbrook**
Theosophical Society Retreat
Centre, nestled atop
the Gold Coast Hinterland.

Days:

- * Deep, relaxing yoga workshops
- * Nature walks
- * Yummy organic nourishment

Nights:

- * Sacred Song
- * Divine Dance
- * Special guests Gaura Vani
& As Kindred Spirits (USA)

Kirtan with
gaurā vāṇī
ās kindred spirits



Please contact Atma Yoga
on 0450738971, or email us at
atmayoga@sapwell.net
to reserve a place or to get
more information.

Cost: \$750

incl. all meals and accommodation.

Early bird special: \$650
before 26 Dec, 2010*.

* non-refundable deposit for early bird price:
\$250. Balance due 15 Jan, 2011.

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The Atma Yoga Annual Retreat 2011

The Atma Yoga Annual Retreat has been a fixture of the calendar for the past three years. One recurring comment was that there simply wasn't enough time to enjoy all the goodness of the retreat. This time round we've extended the retreat, to five days and four nights, and invited special guests Gaura Vani and As Kindred Spirits to perform nightly kirtan, as well as give kirtan workshops.

The retreat is held from Wednesday January 26th (Australia Day) through to Sunday January 30th. With more days and nights obviously the costs are higher than previous years, but we still want to keep it accessible to everyone who wants to come, so have a look through the options that we have in here, especially the Seva option if price is an issue for you, check the website www.atmayoga.com.au for special pricing, and talk to us – we don't bite :-D

We are looking forward to this retreat more than ever before, and we look forward to seeing you there!

Teachers

Param Satya



With over 20 years of yoga asana practice and 15 years of teaching, **Param Satya** is an experienced teacher who has integrated her practice into all areas of her life and shares this with an open heart. In addition to teaching and practising yoga, Param Satya is an accomplished cook, cooking at Atma Yoga on evenings when she isn't teaching; an avid reader of Sanskrit texts; and mother to an extremely energetic 8-year old.

Prema Yogi



Prema Yogi knew enough about yoga from reading books to journey to India to study with Yoga Acarya BKS Iyengar, but not enough to know that there was a three-year waiting list. As a result he found himself returning to sit outside the door of the ashram daily until Sri Iyengar's son acknowledged his determination and admitted him to study in the ashram.

Regularly practicing three hours a day, and teaching at Atma for the past six years, Prema has deep realization of the yoga asanas, and imparts this in his classes and workshops.

Special Guests

Gaura Vani



Gaura Vani is an accomplished musician and devotional singer, well-known within the yoga / kirtan community. Together with Shiva Rea he hosted the Chant4Change kirtan event (www.chant4change.com) that coincided with President Obama's inauguration in Washington DC, his home town. His group, As Kindred Spirits, has been described by chant master Jai Uttal as *"simply the best kirtan band in the West"*. He is also a talented record producer, having produced two top ten albums in the World Music category of iTunes – his own 2009 album "Ten Million Moons", and the Mayapuris debut album "Mrdanga", released on Gaura's kirtan recording label Mantralogy. We are extremely lucky to have Gaura with us for the 2011 retreat.

Jahnavi Harrison



Jahnavi Harrison sings, plays violin, and dances with As Kindred Spirits. Born in England, she is now a citizen of the world, spending most of her year travelling. As well as her musical talents she is also knowledgeable in *Ayurveda*, India's ancient science of medicine; and will be sharing that knowledge with us during the retreat.

Shree Shyam



Shree Shyam is an accomplished percussionist and bassist, serving as Associate Editor of Bass Player magazine, and Editor-in-Chief of Bass Guitar magazine. He is also deeply steeped in the yoga chanting tradition, having grown up in the traditional ashram schooling system called *gurukula*.

Retreat Pricing

The retreat is \$750 including all accommodation and meals. Take advantage of the early bird special – pay a \$250 deposit before December 26, 2010 and pay only \$650 for the retreat. The balance is due January 15, 2011.

Seva Special

Don't let financial circumstances make you miss the chance of a lifetime. If you require financial assistance to come to the retreat, you can take advantage of the Seva special. In exchange for voluntary service during the retreat we will subsidise some of the price for you. Talk to us about this.

Of course, if you want to pay more to help out someone else, you can also do that. :-)

Contact and Bookings

Contact Prema on 0450 738 971 for more information and to make a booking.

Timetable

Wednesday January 26th

10:00am – Arrival

Arrival to the Springbrook Theosophical Society Retreat Centre from 10am.

1:00pm – Lunch

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

4:00pm – Led Hatha Yoga Practice

A 90 minute led practice focusing on stability and alignment.

6:00pm – Supper

Organic, vegetarian cuisine.

7:00pm – “Invoking Auspiciousness” Ganesh Kirtan



Ganesh, the “Lord of Success” is traditionally invoked before beginning a course of study, a journey, or any other endeavour. Gaura Vani and As Kindred Spirits will lead us in an evening of story telling and song, explaining this ancient tradition, its inner meaning, and its relationship to modern life.

Thursday January 27th

6:00am – Meditation

A 30-minute contemplative practice to still the thoughts and purify the mind.

6:30am – Led Vinyasa Flow Practice

A two-hour led practice focusing on the flow of asanas and the flow of energy, activating the lymphatic system for detoxification and cleansing.

9:00am – Breakfast

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

Free time

Relax and explore the retreat centre and surrounds. The retreat centre is close to a beautiful waterfall and stunning view.

1:00pm – Lunch

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

2:30pm – Workshop Sacred Mantras

Gaura Vani will give a workshop sharing the yogic science of mantra – sacred sound vibration.

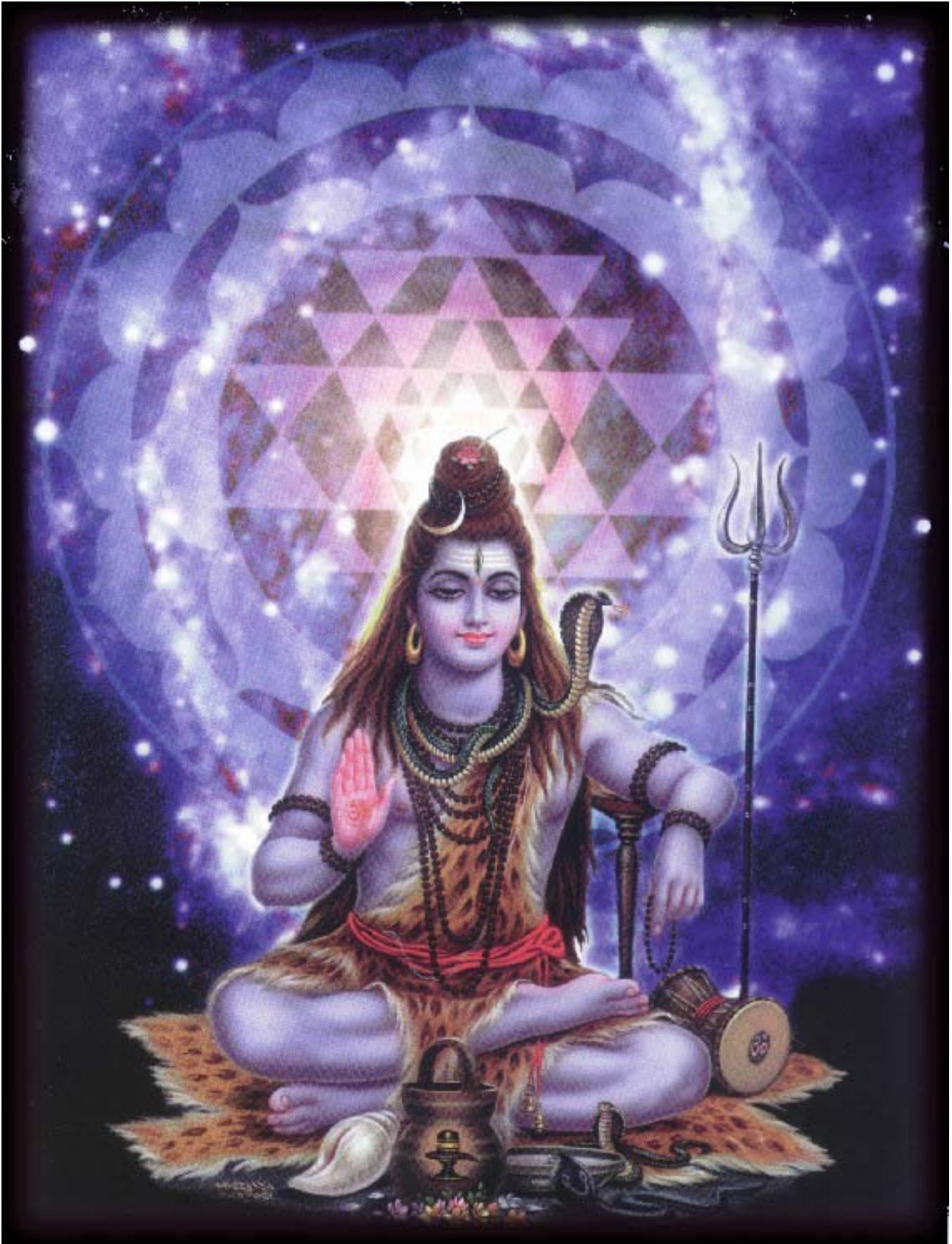
4:00pm – Asana Workshop

A 90-minute deep exploration of asana (yoga postures), with live sound track provided by Gaura Vani and As Kindred Spirits.

6:00pm – Supper

Organic, vegetarian cuisine.

7:00pm – Shiva Kirtan



Shiva is known as *Yogesvara*, the “Lord of the Yogis”, as well as *Nataraja*, the “Lord of Dance”. He is traditionally invoked by those who are practising mystical yoga, and those who are following celibate student life. Gaura Vani and As Kindred Spirits will lead us in an evening of story-telling and song to further illuminate the mysterious cosmic energy of *Shiva-shakti*.

Friday January 28th

6:00am – Meditation

A 30-minute contemplative practice to still the thoughts and purify the mind.

6:30am Led Hatha Yoga Intermediate Practice

A two-hour led practice focusing on back bends and inversions.

9:00am – Breakfast

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

Free time

1:00pm – Lunch

2:30pm – Cooking and Ayurveda workshop

In addition to being a gifted violinist, singer, and dancer; Jahnavi Harrison is also a great cook, and versed in *Ayurveda*, the ancient Indian “Science of Life”. She will explain principles of Ayurveda, and their application to cooking.

4:00pm – Pranayama workshop

Prana is the life force, and *yama* means to control. The most subtle of the physical elements under our control is air, through our breath; and by controlling and directing the breath our life force follows. Prema Yogi will lead a 90 minute workshop focusing on this subtle yoga art.

6:00pm – Supper

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

7:00pm – Goddess Kirtan

Shri is the ancient Sanskrit name for the divine feminine energy; and the word also means beauty, fortune, and opulence. No conception of absolute reality is complete without an understanding of the transcendental feminine aspect. Gaura Vani and As Kindred Spirits will lead us in an evening of story telling and song describing the feminine aspect of divinity.



Saturday January 29th

6:30am Meditation

A 30-minute contemplative practice to still the thoughts and purify the mind.

6:30am – Led Vinyasa Flow Intermediate Practice

A two-hour led practice focusing on the flow of the asanas and the flow of energy in the body, incorporating elements from the Pranayama Workshop.

9:00am – Breakfast

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

Free time

1:00pm – Lunch

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

2:30pm – Singing Workshop

Free your voice, and the rest will follow. Each of us is born is a musical instrument – our voice. Gaura Vani and As Kindred Spirits will help us to unlock the throat chakra and find our voice in this safe workshop.

4:00pm – Yoga Nidra workshop

Yoga Nidra, or “Mystical Sleep” is a deep relaxation practice; calming the mind and the nervous system and grounding the energy in the body. Prema Yogi will lead this workshop to help us integrate the practices of the previous days in a holistic and healing way.

6:00pm – Supper

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

7:00pm – Krishna Kirtan (Sankirtan)

Krishna kirtan is known as *Sankirtan* in Sanskrit. The word *san* means “complete”, and *kirtan* refers to singing in a call-and-response fashion. In the yoga tradition Krishna is the Supreme Source of Everything, who chooses through His own sweet will to appear as a small child, enjoying enchanting pastimes with His family and friends. Gaura Vani and As Kindred Spirits will lead us in an evening of story-telling and song, relating the pastimes and names of Krishna, the Supreme All-Attractive Reality.



Sunday January 30th

6:00am – Meditation

A 30-minute contemplative practice to still the thoughts and purify the mind.

6:30am – Restorative Hatha Yoga

A re-energising class designed to further the integration of the practices of the retreat, and prepare you for re-entry!

9:00am – Breakfast

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.

Free time

12:00pm – Farewell Kirtan

A final kirtan with Gaura Vani and As Kindred Spirits to see us off with a song.

1:00pm – Lunch

Organic, Vegetarian cuisine. Gluten and dairy-free friendly.