

HATHA YOGA DESHA PRESENTS



PHOTOGRAPHY SOPHIE HOWARTH

INTRODUCTION TO NATA YOGA
A WEEKEND WORKSHOP

WITH

**EMMA
BALNAVES** 20–22 August 2010

Workshop **Fri 20th August 6-7pm**
FREE lecture and demonstration
Fri 20th August 7-8.30pm class
Sat 21st August 7-9.30 am class
Sun 22nd August 7-9.30 am class

Cost \$270 incl GST

NEW Venue **Jow Ga Kung Fu Academy**
Level 4, 16 Foster Street Surry Hills 2010
(Due to Election, venue changed from Redfern Town Hall)

Transport Walking distance from Central Station and Light Rail,
Elizabeth St and Crown St bus stops. Metered parking.

Bookings **Hatha Yoga Desha** tel (02) 8230 0310
info@hathayogadesha.com.au
www.hathayogadesha.com.au

Payment Cheques/postal money orders
payable to 'Penny Cuthbert'
PO Box 581 Dulwich Hill NSW 2203
FEES NON REFUNDABLE

EMMA BALNAVES has been teaching yoga for over a decade, her background studies include: Ayurvedic and Siddha systems of medicine of which she holds diplomas in Siddha Medicine and Thanuology (marma shastra).

Out of the 108 karanas only 36 are suitable for the yogangasadhana. The correct sequential arrangement, angahara, of these 36 karana is taught to unveil the latent power within. This takes place from the coiling and uncoiling stress points, bindu, within each karana. Here the energy is slowly driven through the rhythmic arrangements of the angahara to the critical stage that is responsible for the unveiling process, kriya, of the internal energy, kundalini, and with all its force, shakti. This requires skill and the presence of awakened discriminative consciousness.

This workshop is suitable for those with previous yoga experience.

For further information visit www.shadowyoga.com