

THE BREATHING BODY:

A YOGA WORKSHOP

WITH
**DONNA
FARHI**

The practice of pranayama can be viewed from a new perspective when we look at its root words, *pra* (consistency) in the *na* (life force), and *yama* (harnessing). Thus pranayama can mean learning to create a consistency in the way the life force moves through the body and harnessing this vital energy to serve our purpose. In this workshop we will explore the conditions that need to be present for a liberated experience of breathing, not only when we are practicing asanas but in our everyday life. We will explore how the relationship between the body, earth and gravity is intimately tied to the freedom of the breath and the free flow of prana throughout the body. We will also look at the relationship between the fluid systems of the body and the ability for prana to circulate throughout the body delivering its nourishment to each and every cell. When we make it our task to liberate the movement of breath throughout the body we find that this leads us to an experience of impeccable structural alignment. When we are supported by the intelligence of the breath we learn to adapt postures to our particular body structure and to respect our unique structure and limitations. As we relinquish forceful effort and striving we discover that the larger mover of the breath can support us in all aspects of our life.

The morning class will begin with a brief lecture followed by a guided movement inquiry. We will then apply what we have learned within a slow and gentle vinyasana practice. The afternoon session will include somatic inquiry, supine asana practice and will conclude with Yoga Nidra (a practice of self-revelation created through profoundly deep relaxation).

Students should have at least one year of consistent Yoga experience up to teacher level. Please note that the emphasis in this workshop is on cultivating a non-forceful way of being and inquiry that activates one's own inner atman or teacher. Everyone will be encouraged to work at a level that is appropriate for their experience and physical condition.

Donna Farhi is a Yoga teacher who has been practicing for 33 years and teaching since 1982. She is one of the most sought after guest teachers in the world, leading intensives and teacher training programs internationally. Donna is best known for her unique ability to help students and teachers embody their spiritual practice. Her work focuses on the refinement of natural and universal movement principles that underlie all Yoga practice. This concentration on fundamental principles allows student of all levels of experience and from all traditions to build their own authentic Yoga practice.

Donna has been the asana columnist for both Yoga Journal and Yoga International Magazine (U.S.A.), and has been profiled in four separate publications on exceptional contemporary teachers of our time, including *Yogini: The Power of Women in Yoga*. Donna is the author of the contemporary classics, *The Breathing Book*, *Yoga Mind, Body & Spirit: A Return to Wholeness* and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is a curricular text for teaching trainings worldwide. American born, Donna now resides in Christchurch, New Zealand where she pursues her passionate love of horses.



WORKSHOP SCHEDULE

- Please note:
- There will be no partial enrolment for this workshop.
 - Early registration is recommended as there are limited places available.

Saturday, July 3, 9.30 – 12.30pm & 2.00 – 4.00pm
 Please arrive from 8.30am to check-in and set yourself up in the room.

VENUE

Burns Hall, First Church
 Moray Place, Dunedin

FEES

\$95.00

CANCELLATION POLICY

Cancellation before June 16, 2010 will be refunded less a \$25.00 administrative fee. Cancellations after June 16 will only be refunded if your place can be filled from the waitlist.

WHAT TO BRING

Yoga mat, belt, block, 3 blankets, hand towel and a bolster (if you have one)

TO REGISTER

Contact: Gemma Carroll
 Hereweka Yoga & Massage
 E-mail: gemmacarroll@clear.net.nz
 Phone: (03) 478-0313
 Cellphone: 021-031-3482

Please mail cheques made out to Gemma Carroll to:
 33 Hereweka Street
 Portobello
 Dunedin

Or monies can be deposited directly into the following bank account:
 National Bank
 Gemma Carroll
 06 0909 202448 20



REGISTRATION FOR THE DONNA FARHI WORKSHOP JULY 2010

Name _____

Address _____

City/State _____ Post Code _____

Phone () _____ Mobile _____

Email _____

Age _____

Please indicate if you have any physical injuries or health conditions that may affect your participation in the workshop. Feel free to attach a separate sheet. _____

- I have enclosed a cheque for \$95.00 made out to Gemma Carroll.
- I have transferred \$95 directly into your account.

