

donna farhi

MARCH 28-30 2014, GOLD COAST

The Supportive Psoas & Sequential Flow A Yoga Intensive with Donna Farhi

In this intensive you will learn how to release and activate the support of the primary inner core muscles, the psoas. The psoas is a complex group of stabilizing muscles that lie parallel to the lower spine and act as a functional bridge between the vertebral column and the pelvis and legs. When the psoas is pliant, long and strong it acts as an inner scaffolding to support erect posture and ease in movement. When it is weak, tight or unbalanced it can have a profound influence on our ability to center the pelvis, to breath freely and to move with ease in our spine. To support a fuller understanding of this complex muscle Donna will present an anatomical PowerPoint. We'll then incorporate very gentle yet incredibly effective exercises for softening and lengthening the psoas.

As we discover the deep inner support offered by the psoas we can learn to sequence force clearly through the body in each asana. Using the ground as a springboard for movement, we begin the process of sending force clearly through the structure of the body, while keeping the joint spaces open and fluid. The ability to intelligently sequence force through the body is the foundation of what we call "alignment"; alignment of the structure of the body; alignment of the energetic pathways that support the movement of prana and breath and an ultimate alignment of the human being in relationship to ground, gravity and space.

This intensive will include fluid somatic release work, guided developmental movement inquiry and slow asana practice. We will practice a wide variety of Yoga asanas: sitting, standing, twisting and pain-free back bending. Each participant will receive a digital handout of notes (which can be printed at home) as well as a therapeutic Gertie ball. This intensive is suitable for participants with at least six months Yoga experience up to teacher level.

Donna Farhi is a Yoga teacher who has been practicing for 38 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 students of all levels of experience and from all traditions to build their own authentic Yoga practice. Considered the "teacher of teachers" students return to Donna's intensives again and again to be a part of the inspiring evolution of Donna's own practice and teaching.

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 used as a curricular text in teacher training programs worldwide. She is featured in *Yoga Woman*, a recently released film by Australian director Kate Clere McIntyre. American born, Donna now resides in Christchurch, New Zealand on a 30-acre farm with her horses Numen, Liberty and Ambrosia.



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Workshop Schedule

Friday March 28, 6.00pm - 8.30pm

Saturday March 29 & Sunday March 30,

9.30am – 12.30 pm and 2.00pm – 4.30 pm

Please note:

- There will be no partial enrolment for this intensive.
- Class numbers will be limited for this engagement.
- Several teaching assistants will be present to help participants integrate the material.

Venue

Albert Waterways Community Center
Corner of Hooker Blvd & Sunshine Blvd
Broadbeach Waters
Queensland, Australia
Link: <http://goo.gl/maps/pP1Tv>

Fees

Registration fees: \$345

Early Bird Special \$320.

- To get the early bird special you must register and pay in full by January 10, 2014.
- A booking deposit of \$100 is required to secure a space.
- All balances are due March 1, 2014.

Please note:

- * This cost includes a gertie ball and extensive digital handouts.
- * Please note all currency is in Australian dollars.

Payment Options:

When booking online you will have the option to pay by:

- EFT (electronic funds transfer) via Internet Banking
- credit card via Paypal or PayPal.

Booking

Register your spot online at:
www.premayoga.com.au

What to bring

- Yoga mat
- Belt
- Block
- 3 blankets
- 1 bolster
- 1 large bath towel
- 1 hand towel
- A bag lunch each day (optional).

Accommodation

A variety of lodging options (apartments, condominiums, hotels... etc) are available within walking distance to the venue. Please search in Broadbeach, Queensland area:
www.booking.com

Mantra Group - www.mghotels.com.au

10% Special Discount at Peppers Broadbeach, Mantra Broadbeach on the Park, Mantra Sierra Grand and BreakFree Diamond Beach is available by applying a special Promo Code when booking online. This code will be e-mailed to you when you register.

For more information

Contact: Fuyuko Sawamura-Toyota
E-mail: events@premayoga.com.au
Phone: 0402 019 843

Cancellation Policy

Cancellation before March 1, 2014 will be refunded minus a \$50 administrative fee. Cancellations after March 1, 2014 will only be refunded if your place can be filled from the waitlist.