

# SIX TEACHERS ONE WEEKEND

Caitanya Yoga is pleased to present a unique yoga retreat. 6 teachers, 5 traditions, 1 weekend. Practitioners of yoga at all levels will have the opportunity to experience a mixture of asana, pranayama, chanting, kirtans, yogic philosophy & relaxation techniques from various disciplines. As well as enjoy scrumptious vegetarian catering & Japanese style accommodation in the beautiful Macedon Ranges.

## When

Saturday 25th to Sunday 26th October 2008

## Schedule

Saturday 25th October, 9.30 – 8.00pm  
Iyengar Yoga class, Gita Yoga Class, Yoga Philosophy discourse, Satyananda Yoga Kirtan satsung

Sunday 26th October, 9.30am – 3.00pm  
Gita Yoga class, Yoga of Sound class

## Where

Wu Lin Retreat, 47 Sherwood Court, Lancefield

## Cost

Saturday (only) \$190, Sunday (only) \$120  
Saturday and Sunday \$300  
Full weekend with accommodation \$350

## Enquiries & Bookings

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## Tony Rothberg *Iyengar Yoga*

Tony came to yoga in 1988 and has been teaching the Iyengar style of yoga for over 12 years. Tony has studied with the founder, Mr BKS Iyengar in Pune, India and today co-runs the Bridge Yoga Studio. A new yoga school with fully trained, experienced and dedicated yoga teachers in Bridge Road Richmond.

Tony has developed a particular interest in working with musicians, and people from sporting backgrounds ie. Richmond Football Club.



## Sri Raam *Satyananda Yoga*

Originally from Canada, Sri Raam (David Tries) began to practice yoga and meditation in 1991 whilst studying psychology in Wellington, NZ. In 1998 he was introduced to Satyananda yoga and in 2000 went to study in Bihar, India. He has since trained in Canada, New Zealand and Australia and is an accredited Satyananda Yoga teacher. He conducts a public yoga class in South Yarra and specialised mindfulness classes during his work with problem gamblers at the Melbourne Counseling Service. Sri Raam has a passion for kirtan, chanting, and mindfulness in everyday life. He is currently seeking registration as a psychologist and lives in Melbourne with his partner.



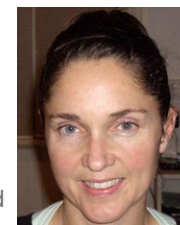
## Suzanne West *Gita Yoga*

Suzanne came to yoga in 2000 at a time when she was studying several health and philosophy courses. Suzanne completed her Diploma of Teaching (Hatha Yoga) in 2003 at Gita International and now teaches this discipline in Sunbury & Riddles Creek. Gita Yoga involves the careful sequencing of postures to quieten brain wave patterns and bring the whole body into alignment and balance.



## Lisa Moor *Gita Yoga*

Lisa completed her yoga training at Gita International in 2003. She now teaches adult & children's yoga in and around Riddells Creek. Lisa believes yoga should be available to everyone and aims to create a loving & nurturing environment that facilitates the experience of the true essence of yoga for everyone.



## Kym Oliver *Gnana Yoga*

Kym studied Hatha and Gnana yoga – the Yoga of Knowledge in India for three years, from 1992 – 1995. The Yoga of Knowledge is the study and application of Vedanta philosophy. A practiced based philosophy about oneself, the world and the underlying Reality. Kym's classes combine Hatha and Gnana Yoga: physical exercises and practical knowledge to promote peace of mind.



## Anahata *Yoga of Sound*

Anahata has been practicing yoga and meditation for twenty years. She sees yoga and meditation as transformative practices that point to an underlying, ever-present stillness. Anahata has trained in both Australia and India and now teaches at the Gertrude Street Yoga Studio in Fitzroy and Prana House in Thornbury.

Anahata's Yoga of Sound workshop is an uplifting exploration of mantra, meditative sound practices and beautiful chants that encourage us to rest in the natural silence of our being.

