

ENGAGING THE INNER BODY:

In this intensive we will explore an early human developmental movement pattern called Navel Radiation. Navel radiation happens when we initiate movement from our deep navel centre, in some cultures known as the hara. By following the clear impulse from the navel centre we develop an inner tracking system to find the origin of our head, tail, arms and legs. This fluidic pattern lays down a clear energetic network of connections throughout the body so that the parts work in a clear relationship to the strong yet mobile core. Navel radiation is a motif movement pattern that underlies all Yoga postures and by establishing a clear expression of this pattern one lays the blueprint for optimal movement integration not only in Yoga asanas, but in all movement activities. By accessing this pattern one accesses one's own instinctual ability to align the body.

A particular focus of this workshop will be the relationship between the organ system and the clear and easeful expression of navel radiation. By sensitizing ourselves to the presence and support of the organs, as well as their capacity for movement, we reestablish the deeper source of movement expression. We will explore the collaborative relationship between the organs and the musculoskeletal system, and how engaging the support of the organs can increase range of motion, clarify alignment, steady balance, and correct unstable and hypermobile movement patterns. When inner and outer body structures are working in synchrony movement is expressed with ease and efficiency.

Participants should have a sound working knowledge of the basic asanas and have had a consistent Yoga practice for at least one year. Classes during this weekend intensive will include some lecture, guided movement inquiry, intensive yet slow yoga vinyasana and restorative postures.

WEEKDAY CLINICS:

Monday: *Moving Outside the Square*

We usually think of twists and side-bends as counter-poses for the practice of back bends, often practiced incorrectly after the back is a little irritated from backbends. In this clinic we will look at the powerful application of lateral extension movements as preparatory movements before moving the spine into extension. When the intervertebral spaces are open this creates the conditions for moving into extension with ease and agility. Lateral movements and twists also encourage a sequential movement of impulse through the organs, which is essential not only for ease of movement but also for the vibrant health of our inner operating systems! We will explore adding lateral extension variations into the classical Sun Salutation cycle as well as other asanas that move the spine in multiple planes of movement. This is a class for anyone wanting to learn how to gently but effectively prepare the spine for deeper practices and will be of particular relevance to teachers wanting to learn how to condition the body for safe increased range of motion.

Tuesday: *Back Bending with Ease*

In this clinic we explore the support of human developmental movement patterns in creating ease and spinal integration during back bending. We will look at the organ systems and connections that underlie stress-free back bending. Please note that the emphasis of this clinic is not on deep or advanced back bending but on learning to bend YOUR back in a way that is safe and enjoyable.

Wednesday: *Calm Heart, Calm Mind*

In this clinic we will explore the relationship between the heart, lungs and diaphragm and the outer container of the body wall: the front of the chest, the shoulder girdle and the upper back. Opening the heart is often interpreted in Yoga classes as thrusting the heart forward and up, while pushing the spine forward and pinching the shoulder blades together. By finding an easeful relationship between the inner contents of the chest and the outer musculoskeletal container, we can discover a sense of calm yet open presence. A special feature of this clinic will be on finding a relationship between the "down bucket" of the ribcage and the "up bucket" of the pelvic basin. When these two structures are in a balanced relationship they activate the support of the abdominal wall. Come prepared to find a new sense of your heart centre.

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.



A YOGA INTENSIVE: WITH DONNA FARHI:

Donna Farhi is a Yoga teacher who has been practicing for 34 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. 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.

WORKSHOP SCHEDULE

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

Friday July 16, 6.30PM - 8.30PM

Saturday, July 17, 9.30 - 12.30 PM & 2.00 - 4.00 PM

Sunday, July 18, 9.30 - 12.30 PM & 2.00 - 4.00 PM

WEEKDAY CLINIC SCHEDULE

Can be taken as individual classes Monday 19 July through to Wednesday 21 July, 1.00 - 4.00 PM daily

VENUE FOR INTENSIVE

CCMLAR

181 Macquarie St, Hobart

VENUE FOR CLINICS

To be announced

FEES

Weekend workshop: \$295.00 AUD

Clinics: \$70.00 per class, \$195.00 for 3 classes or \$475.00 for both weekend intensive and all three clinics.

A deposit of \$100 for the intensive and \$25 for each clinic due on registration.

Full payment due by 16 May, 2010

Please note that you are not formally registered until you have paid in full for the workshops and clinics.

CANCELLATION POLICY

Cancellation before May 16, 2010 will be refunded minus a \$50.00 administrative fee. Cancellations after May 16 will only be refunded if your place can be filled from the waitlist.

WHAT TO BRING

Yoga mat, belt, 2 blankets, a bath towel and a face cloth

FOR MORE INFORMATION OR TO REGISTER

Email: clare@yogafromtheheart.com.au or Phone 03 6227 8941

Please EFT to ANZ Bank: Yoga from the Heart,

BSB 017 214, Account number: 4932 56062

or mail your cheques made out to YOGA FROM THE HEART to:

Yoga from the Heart

18 Seaview Avenue

Taroona

TAS 7053

Australia



REGISTRATION FOR THE DONNA FARHI WORKSHOP 2010

Name _____

Address _____

City/State _____ Post Code _____

Phone () _____ Mobile _____

Email _____

Age _____

I wish to register for the weekend intensive

I wish to register for a clinic

Monday

Tuesday

Wednesday

OR

All 3 clinics

Payment method and amount _____