

Simon Borg-Olivier ([www.yogasynergy.com](http://www.yogasynergy.com)) is presenting TWO courses in the last week of November 2008.

- **COURSE 1: 'Applied Anatomy and Physiology of Yoga':** interactive seminars presented by [www.miltonyogastudio.com.au](http://www.miltonyogastudio.com.au) in BRISBANE
  - **COURSE 2: 'Energising, Strengthening and Calming':** yoga classes presented by [www.templebyron.com](http://www.templebyron.com) in BYRON BAY
- Please note these two courses are distinct and separate courses.
- Maximum benefits can be achieved if you attend both courses.  
A discount of 10% is available for those attending both courses

[www.templebyron.com](http://www.templebyron.com) in BYRON BAY presents

# Energising, Strengthening and Calming YogaSynergy Classes

9.30am-12.30 pm Tuesday 25<sup>th</sup> – Friday 28<sup>th</sup> November 2008

Simon Borg-Olivier MSc BAppSc is a registered physiotherapist who has been teaching yoga for 25 years throughout the world. *YogaSynergy* is traditional *hatha* yoga with an understanding from medical science.



In this series of classes you will be progressively **taught a practice sequence** that can be adapted **for anyone with some yoga experience**. You will be shown how to make your practice **effortless, relaxing and energising**, with increased **strength and flexibility**. You will learn the yogic secret of how to **banish back pain, become stress-free, improve digestion and enhance sexual function** at the same time.

**Venue:**

Temple Byron  
46 Meleluca Drive  
Byron Bay, NSW  
2481,  
Australia

**Times:**

Tuesday 25<sup>th</sup> November  
To  
Thursday 27<sup>th</sup> November 2008:  
9-30 am to 12-30 pm

**Cost:**

• Whole Workshop \$280 or  
• Individual Classes \$80  
(All are General Level, but you can only enroll in the last class if you have also enrolled in a previous class)

For more information and to book a place contact Melanie on 02 6680 8613 or 0415 483 192 email [melanie@templebyron.com](mailto:melanie@templebyron.com)  
(Places are limited so pre-booking with full payment is necessary)

[www.miltonyogastudio.com.au](http://www.miltonyogastudio.com.au) in BRISBANE presents

# 'Applied Anatomy and Physiology of Yoga'

## Intensive two weekend interactive course

Don't miss a unique opportunity to attend **Simon Borg-Olivier's Practical Applied Anatomy and Physiology course in a special, fast-track format.** Simon (YogaSynergy) has 30 years experience in preventing and managing yoga injuries, plus his personal mastery of yoga. **Since 2007 he has taught this as a degree course at RMIT University, but you can do it over two weekend intensives.**

72% of all people who come to yoga want yoga to address physical problems (Stephen Penman, RMIT University research)

**Q: How confident are you in understanding the essential anatomy and physiology that is so specific to the range of movement used in yoga, either as student, or teacher?**

"We're starting to see the types of injuries from yoga that we usually see in high-impact sports such as basketball," said orthopaedic surgeon specialising in arthroscopic surgery and sports medicine, Dr Halbrecht.

**Participate, or Observe in this unique Brisbane event!**

- Full Course 2 weekends \$797
- Half Course 1 weekend \$427
- Friday evening only A / B \$77 each

**Simon Borg-Olivier** MSc BAppSc(Physiotherapy), has been teaching this practical interactive course for the last 13 years around the world, educating how to decrease risk and prevent injuries.

**21–23 & 28–30 November 2008**

36 hours of theory in easy-to-understand words with practical examples. A unique course for professional or personal development. **Certificates of Attendance included.**

**Overview:** You will be regularly given the opportunity to do simple exercises that help you physically understand the theory and to make it a practical learning experience of Anatomy and Physiology. Includes Yoga Therapy on each major part of the body.

**Weekend A 18 hours: Limb and Musculo-Skeletal**

**Focus:** shoulder, elbow, wrist; hips, knees, ankles. Using limbs to regulate breathing and circulation (enhances energy and fitness), the nervous system (health, strength and calmness) and internal organs (digestion and sexual function).

**Friday 21 Nov\* 6pm-9pm, Saturday 22 Nov and Sunday 23 Nov 8.30 am – 5.30 pm**

**Weekend B 18 hours: Trunk and Physiology Focus:**

Spinal health and the body systems (respiratory, circulatory, nervous, immune, endocrine and reproductive). Use posture, movement and breath-control to develop energy, strength and stability. Increase flexibility and your ability to remain calm, focused and healthy.

**Friday 28 Nov\* 6pm-9pm, Saturday 29 Nov and Sunday 30 Nov 8.30 am – 5.30 pm**

**\*Friday Seminar A: Secrets of Core Stabilisation** [Friday 21 November 6-9 pm]

Activate the 'organs of action' (arms and legs) to build core stability, energise the body and tone your internal organs. [Western exercises miss these unique yoga secrets!].

**\*Friday Seminar B: Energise. Strengthen. Relax!** [Friday 28 November 6-9 pm]

Build a mastery of your core through control of your spine and internal organs promoting joint strength and stability. Increase vitality of movements of your exercise, and daily activities. (Do more in your daily life with less stress/ fatigue and greater vitality).

**Bookings essential. Credit cards welcome. All enquiries welcome to Susan Wanmer\* – Milton Yoga Studio (07) 3369 7404 , [synergy@miltonyogastudio.com.au](mailto:synergy@miltonyogastudio.com.au)**

\*Susan Wanmer is hosting the course, and the venue is *Old Museum Building*, Fortitude Valley, Brisbane

