



SHADOW YOGA ASANA VINYASA

Seven day immersion with
Natanaga Zhander (Shandor Remete)

Free lecture/demonstration – 5pm Sunday 17 August
Course – 6-8am, 18-24 August 2008

2 William Street Balaclava 3183
(cnr Carlisle St. opposite BP station)

Telephone: 9527 5198

www.yogamoves.org



Free lecture/demonstration 5pm Sunday 17 August

Open to all

Please note: It is compulsory for course participants to attend the introductory lecture/demonstration prior to the course commencement.



Course times: Monday 18 – Sunday 24 August: 6–8am

\$490 or \$450 for early-birds before 15 July (Full payment is required to receive the early-bird special)

This course is open to all levels with some previous Shadow Yoga experience. For further information please go to: www.yogamoves.org

The teaching of the Shadow School is based upon the ancient Hatha Yogic texts which state that all fixed forms should be designed to develop the practice of freestyle. Freestyle is a necessary step in the cultivation of longevity and enlightenment. The full practice format of will be introduced – prelude form, asanas, bandha, kriya, mudra, pratyahara and pranayama.

Natanaga Zhander (Shandor Remete) is the founder of Shadow Yoga. He was introduced to Yoga at the age of six. His research background includes the study of martial arts, the Ayurvedic and Siddha systems of medicine and the application of Varma Kalai (Marma Sthana). Shadow Yoga has courses and workshops in Europe, Russia, Asia, the United States and Australia.

www.shadowyoga.com

Workshop Registration

Name

Address

.....Postcode

Phone (home).....(work)

Like to Join out email list?.....

Early Bird (before 15 July) \$450.00

Full Registration \$490.00

Deposit \$50.00

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