

donna farhi

27 SEPTEMBER - 1 OCTOBER 2013 AUCKLAND

The Origins Of Alignment A Yoga Intensive with Donna Farhi

Even before we are born a biological template is programmed into our bodies that will gradually unfold to support not only the integration of our movement but also the fullest expression of our consciousness. This intensive is a special opportunity for students to dive deep into the evolution of movement itself and rediscover the organic foundation of asanas. We will follow the progression of some of the early human developmental movement patterns that act as guiding threads for alignment in asana practice and in our everyday lives. These fluid patterns permit us to move with maximum ease and power, and they offer us a way to tap into our instinctual ability to align the body.

Each day of this intensive will be divided into two sessions. Sessions will include lecture discussion, guided movement inquiry as well as slow and organic asana practice. In the afternoon we will look at the specific applications of each pattern with some dyad work, restorative practice and Yoga Nidra (an ancient Tantric practice that involves moving into a profoundly deep state of relaxation as a means to reveal the substratum of our true nature).

Students with at least one years consistent Yoga practice up to teacher level are welcome to attend. If you are new to Donna's teaching you will find this an ideal introduction to some of the foundation principles of her approach. This intensive would also give teachers a basic overview of the first week of material covered in Donna's 21-day Yoga teacher training.

Donna Farhi is a Yoga teacher who has been practicing for 35 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.

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. American born, Donna now lives on a 30-acre farm in Christchurch, New Zealand where she pursues her passionate study of dressage and horsemanship.



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Workshop Schedule

Friday 27 Sept, 6.00pm - 8.30pm
Saturday 28 Sept - Tuesday 1 Oct,
9.30am - 12.30 pm and 2.00pm - 4.30 pm (each day)

Please note:

- There will be no partial enrolment for this intensive.
- Class numbers will be limited for this engagement.
- Depending on numbers Donna will have at least one experienced teaching assistant to help participants integrate the material.

Venue

Taitamariki Hall
Auburn Street Reserve
Takapuna
North Shore
Auckland 0622

Fees

\$495.00
A deposit of \$100 is required at time of registration to secure a place. The balance of the fee (or the full fee) is due no later than 1 August, 2013.

Cancellation Policy

Cancellations on or before 23 August, 2013 will be refunded minus a \$50.00 administrative fee. Cancellations after 23 August, 2013 will only be refunded if your place can be filled from the waitlist.

What to bring

Yoga mat, belt, block, 2 blankets, 1 bath towel,
1 wash cloth and a bolster (if you have one).
A bag lunch each day (optional).

For more information or to register

Bookings and registration via the Sacred Moves website:
www.sacredmoves.com
(You may pay via Internet Banking or Credit Card or PayPal)
Contact: Neal Ghoshal
Email: info@sacredmoves.com
Phone: (09) 372 7650

Or send the completed form below to:
Neal Ghoshal
69 Makora Avenue
Waiheke Island
New Zealand 1081



Registration for the Donna Farhi Auckland Workshop, 27 Sept - 1 Oct 2013

Name _____

Address _____

City/State _____ Postcode _____

Phone () _____ Mobile _____

Email _____

Age _____

Please indicate if you have any physical injuries or health conditions that may affect your participation.
(Feel free to attach a separate sheet.)

I have enclosed a deposit cheque of \$100.00.

I have enclosed a post-dated cheque (1 August, 2013) of \$395.00.

I will pay by Internet Banking / Credit Card / PayPal via the website: **www.sacredmoves.com**

Full details for paying are available on the website.

For internet banking, once you have completed the online form, you will be emailed the payment details.

Signature _____ Date _____