

14-18 October 2011

Amsterdam, The Netherlands

OPENING TO INSIGHT

A 5 DAY YOGA INTENSIVE

WITH
**DONNA
FARHI**



Since the inception of Yoga thousands of years ago, the form of the practice has been in a constant state of evolution, innovation and change. When we cease to explore and make new discoveries, our practice can become a dull and mechanical routine. In this five day yoga intensive we will look at ways of reactivating our own capacity for creativity and exploration within our practice.

A special feature of this intensive will be learning to perceive the state of the koshas or sheaths of our embodiment (physical, energetic, emotional, mental and spiritual). As we become more adept at perceiving how we are on all levels of our embodiment we can learn to adapt the content, structure and sequencing of our daily practice so that our Yoga practice remains relevant to our personal needs. In this way our Yoga practice can be in a state of constant evolution, changing as we change.

Each day will be divided into two sessions. In the morning session we will use guided movement and asana practice to explore ways of adapting the form and structure of the practice to open up new possibilities. In the afternoon we will use sitting meditation, restorative practice and Yoga Nidra as a way of accessing a deeper connection with our own inner teacher. Yoga Nidra is an ancient Tantric practice in which profoundly deep states of relaxation open us to the nature of the true self.

This intensive is suitable for anyone with at least one year of consistent Yoga practice up to teacher level.

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.

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 resides in Christchurch, New Zealand where she pursues her passionate love of horses.

Presented by yogayoga

www.yogayoga.nl

WORKSHOP SCHEDULE

| | | |
|----------|-------------|------------------------------|
| Friday | October 14, | 18.00 – 20.30 |
| Saturday | October 15, | 9.30 – 12.30 & 14.00 – 16.30 |
| Sunday | October 16, | 9.30 – 12.30 & 14.00 – 16.30 |
| Monday | October 17, | 9.30 – 12.30 & 14.00 – 16.30 |
| Tuesday | October 18, | 9.30 – 12.30 & 14.00 – 16.30 |

VENUE

This workshop is presented by yogayoga at:
The Vondelkerk
Vondelstraat 120
1054 GS Amsterdam

FEES

Workshop: €450
Early bird discount payment before 1st June 2011: €425

CANCELLATION POLICY

Cancellation before 1st August 2011 will be refunded minus a €50 administrative fee. Cancellations after 1st August will only be refunded if your place can be filled from the waiting list, minus a €50 administrative fee.

WHAT TO BRING

Yoga mat, 3 firm blankets, a bolster, a belt, a bath towel and a hand towel or wash cloth (for fine adjustments), and a block if you normally use one for standing postures.

Please note:

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

FOR MORE INFORMATION

yogayoga, Sandra Kirchner & Leo Peppas
Web: www.yogayoga.nl
Email: info@yogayoga.nl
Phone: 0031 (0)20 6883418

TO REGISTER

Your place will be confirmed when both, the registration form and full payment have been received.
Please send the completed registration form below to yogayoga's office address:
yogayoga, Sandra Kirchner & Leo Peppas, Donker Curtiusstraat 75, 1051MC Amsterdam, The Netherlands

Please transfer full payment to:

yogayoga, Amsterdam

Reference: 'Donna Farhi Workshop 2011' and your name
ING Bank Amsterdam account number: 9311767

For international payments:

IBAN number: NL41INGB00009311767

BIC number: INGBNL2A



REGISTRATION FOR THE DONNA FARHI WORKSHOP 2011

Name _____

Address _____

City _____ Post Code _____

Country _____

Phone _____ Mobile _____

Email _____

Age _____ Are you a yoga teacher _____ How did you find out about the workshop _____

I have read and understood the requirements of this course.

I have transferred the payment of € _____ to yogayoga, Amsterdam.

Date _____ Signed _____