

Integral Yoga® January 2017

Programs with Swami Ramananda

Following his highly successful sold out visit in 2015, we are very excited to announce the return of Swami Ramananda to Australia in January 2017.

Swami Ramananda, one of Integral Yoga's most senior and well-loved teachers, will once again offer a number of Yoga programs designed to suit students of all levels of experience, including those new to Yoga and more experienced practitioners and teachers. The expanded program includes residential weekend and longer retreats, Melbourne-based day and evening programs, an evening concert and small group mentoring and coaching sessions.

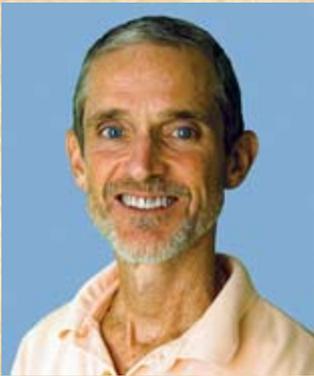
Please note: places are limited, so if you would like to attend, book ASAP to secure your place.

Om Shanthi,

Chitra and Hridayan Stern, Deb Absler, Mitra Dema and Simone O'Donnell
The Organising Committee, Victorian Integral Yoga Association Inc.

About Swami Ramananda

Swami Ramananda (Swamiji) is the President of the Integral Yoga Institute in San Francisco and a greatly respected senior teacher in the Integral Yoga tradition, who has been practicing Yoga for over 35 years.



Swami Ramananda offers practical methods of integrating the timeless teachings and practices of Yoga into daily life, and transforming the painful aspects of human experience into steps toward realizing our full potential. He leads beginner, intermediate and advanced level Yoga teacher training programs in San Francisco, and offers a variety of Yoga programs in the U. S., Europe and South America.

Swami Ramananda trains Yoga teachers to bring Yoga into corporate, hospital and medical settings and has taught mind/body wellness programs in many locations. He is a founding board member of the Yoga Alliance, the primary USA registry that supports and promotes Yoga teachers as professionals.

His warmth, wisdom and sense of humour have endeared him to many.

For more insight into Swami Ramananda and his teachings, you can visit his blog

www.integralyogasf.org/category/blog/ or see him at: www.youtube.com/watch?v=Y3-Weh0J-Q or www.youtube.com/watch?v=1z9ZxmA_8u0

About the Victorian Integral Association

We are a group of Integral Yoga teachers and practitioners who have extensive experience providing Integral Yoga programs. Since 2014, we have joined together to present a number of activities, including Swami Ramananda's 2015 tour, twice yearly residential retreats, regular evening Satsang programs and an intensive year-long Living Yoga Program. Programs are run as not-for-profit events with any profits donated to charity and funding future Integral Yoga events.

Melbourne Programs:

An Evening with Swami Ramananda: Hatha Yoga Practice and Q & A Tuesday January 10, 6-9pm—Carnegie Library and Community Centre, Boyd Room

This workshop will include a Hatha Yoga class, deep relaxation and meditation taught by Swami Ramananda. Following the class, a light meal will be provided (organic vegetable soup) followed by a question and answer session where Swamiji will answer questions about Yoga practices—a wonderful opportunity to experience the wisdom he brings from his many decades of teaching and practice and his time of direct study with Swami Satchidananda, the founder of Integral Yoga.

This session will be suitable for those new to Yoga and more experienced practitioners.

"Swami Ramananda is one of the most inspiring teachers I have studied with—he is so knowledgeable and at the same time so down-to-earth and real." - 2015 program participant

Melbourne Programs:

Private/Small Group Sessions / Mentoring with Swami Ramananda

Wednesday January 11, by appointment in a private home

Swami Ramananda will be offering private/small group classes / mentoring and coaching—this is an ideal and rare opportunity to benefit from his vast experience in a very personalised way. Please call for more info or to book a session.

Integral Yoga Teachers' Practicum

Thursday January 12, 9.30am-5pm Details to be announced.

Satsang and Sacred Sound: Swami Ramananda and Jarek Czechowicz

Saturday January 21, 6.00-9.30pm—Details and venue TBC

An evening of chanting by renowned Melbourne musician Jarek Czechowicz and a presentation by Swami Ramananda.

Yoga for Stress Management

Sunday January 22, 9.30am-5pm

Carnegie Library and Community Centre, Boyd Room

This program will include presentations, discussion and Yoga practices. It is suitable for those new to Yoga and experienced practitioners.

During the program, Swami Ramananda will share his four decades of experience in Yoga and his particular focus on applying yogic practices and understandings as tools for stress management in every day living.



The deep wisdom that Yoga brings to human stress and suffering helps us understand that stress begins in the mind, with how we interpret events. Yoga practice has the power, not only to relieve stress, but also to help us be able to cope with stress effectively, and most importantly, to prevent stressful reactions from occurring in the first place.

The practices we will explore together, done regularly, even for a short time daily, can create a deeply rooted sense of inner steadiness that enables us to withstand life's frequent trials. As we cultivate internal steadiness, we also develop the present moment awareness needed to make conscious choices when crises arise, instead of reacting compulsively in ways we later regret. Regular practice equips us with tools that help us keep our balance, reflect with clarity and think creatively.

During this program, we will:

- Explore the physiology of stress and the fight, flight or freeze response from the medical and yogic perspectives
- Learn and practice mindful stretching, relaxation, deep breathing and meditation techniques that can quickly interrupt the cycle of overstimulation and restore physical and mental balance
- Look at ways of thinking that cause stress, and how we can use constructive and deliberate thinking to counteract stressful thought patterns and help us sustain a clear, positive mindset
- Formulate a fun, sustainable and personalised take-home plan for ongoing stress management with Yoga

Join us to experience just how powerful an antidote Yoga is to stress, and how we really do have the option to live from a deep inner centre of steadiness, peace and joy.

"I appreciate Ramananda's travelling so far, giving so much of his time to others, his knowledge of Yoga, his emphasis on good principles for living, the generous spirit with which he shares knowledge and ideas, his openness to others' ideas, and the personal example he sets of humility and devotion."

- 2015 program participant

Residential Retreats:

Residential retreat programs offer the experience of being fully immersed in a yogic lifestyle. In addition to the specific course material, you will experience daily meditation, Hatha Yoga, deep relaxation, delicious organic vegan meals, time to connect with yourself and like-minded people and time to be in the healing energy of nature.

Venue: Continental House, Hepburn Springs

Continental House is an iconic guest house nestled in peaceful Hepburn Springs, approximately 1.5 hours drive from Melbourne. Set on an acre of gorgeous gardens, and recently renovated, Continental House offers a wonderful combination of a fabulous 1920's building with modern amenities, including a traditionally inspired Turkish Hammam (steam room), and the beauty of nature. You can choose from twin-share (single beds or queen) or private rooms, each with en-suite bathroom.



Residential Weekend Retreat: How Yoga Heals

Fri Jan 13, 6pm - Sun Jan 15, 2pm

"The deepest healing occurs when we let go of limiting beliefs and stories, allowing the energy and light of the Spiritual Self to shine into the body, heart and mind." - Swami Ramananda

During this program we will explore the root causes of dis-ease and the many practices of Yoga that can help us address these root causes, allowing deep and lasting healing physically, energetically, emotionally and mentally. We will look at how Yoga helps us clear the pathway for our ever-present Spiritual Self—always peaceful, joyful, open and free—to be expressed and experienced in our daily life.

The program will include lectures/presentations, Hatha classes, meditation and relaxation. It is suitable for those new to Yoga and experienced practitioners.

Join Swami Ramananda as he shares his vast experience of the healing power of Yoga, exploring topics including:

- How the Integral Yoga approach to Hatha Yoga works to heal—with practice and discussion of asanas (yoga postures), kriyas (cleansing practices), pranayama (breathing practices), and yoga nidra (deep relaxation)
- The healing power of meditation—an overview of how to meditate and the science behind how meditation heals the body and mind
- Guided practice to explore limiting beliefs and how we can release them, allowing us to live with greater ease, authenticity and freedom
- We are what we eat! Through our direct experience of delicious organic vegan meals and group discussion, we will explore how what we eat effects the body and mind
- The power of love and forgiveness for healing and spiritual transformation
- How we can transform our daily work into our vehicle for deep healing and service
- Kirtan—the healing power of sound and song to clear the mind and open the heart
- The option to participate in a Puja (a classic, yogic devotional ritual in honour of the Divine) for personal and world healing

There will also be free time on Saturday afternoon, or Sunday afternoon (after the program officially ends) to further support your personal renewal with time in nature, a massage or steam bath in Continental House's traditional Turkish Hammam.

Treat yourself to this opportunity for true nourishment, and return home with the tools you need for healing at the source—not simply remedying the symptoms—and opening to your natural state of balance, wellness, peace and joy.

"The weekend retreat was very enjoyable, excellent, positive, inspiring, spiritual and reviving, a great break, a great weekend!" - 2015 retreat participant

Residential Retreats:

4-Day Intensive: Meditation and Yoga— Dive in Deep!

Sun Jan 15, 6pm—Thurs Jan 19, 2pm, 2017

"Calming the mind is Yoga - not just standing on the head!" - Swami Satchidananda

Ideal for students with some experience of meditation and Hatha Yoga, this intensive retreat is a wonderful opportunity to dive deeply into your practice.

Give yourself the time to really immerse yourself in Yoga and meditation as Swami Ramananda shares his vast experience to help us deepen our practices and open to the experience of our true Spiritual Self—always present under the busy-ness of the mind—always peaceful, clear, joyful, open and free.

The program will include:

- Three meditations each day—morning, noon and early evening—usually sitting but with the option for walking meditation included
- Daily Hatha Yoga classes (level 1 or 2/3)
- Direct experience of the power of yogic diet to support our practices, as we enjoy delicious, light but filling organic vegan meals and snacks
- Kirtan—the power of sound and song to connect us with our hearts
- Free time each day so spend as you most need—for personal contemplation or additional meditation sittings, to recharge in nature, take a steam bath, to connect with like-minded yogis...

Each day there will be discussions and practical exercises with Swami Ramananda on topics including:

- Setting the stage for meditation—how intention, prayer, posture and pranayama (breathing practices) support the deepening of our meditation practice
- Taking meditation off the pillow—practice and discussion on how we can approach our daily life as a meditation in motion
- The science of meditation—an overview of how and why meditation works, including how meditation can relieve and prevent stress and help us make conscious choices instead of falling into habitual reactions
- The deep wisdom of Yoga—key teachings from Raja Yoga and the *Yoga Sutras* of Patanjali
- The power of mauna—deliberate silence—as a practice to help us clear the mind (with the option to practice mauna as a group for short periods each lunch time or individually for an extended period of your choice)
- Pratipaksha bhavana—noticing where our inner stories, our patterns of thinking and responding emotionally—are keeping us stuck and exploring how we can reframe and rewrite these stories to deeply support our experiences of peace, joy and freedom in daily life
- Developing a daily practice—how to plan for success, address obstacles we may experience along the way and stay on the path to transformation!

There will also be time to refine our personal practice with Swami Ramananda's individual guidance, and plenty of free time to connect with nature, enjoy time alone and with each other, enjoy a turkish steam or receive a massage.

Take the plunge! Come along to experience the wisdom, compassion and humour that Swami Ramananda brings from his deep personal experience of Yoga, connect with like-minded people, and leave with tools and practices that can truly transform your life!

"Swamiji's approach really demystified Yoga for me." - 2015 program participant

Yoga Teachers' Practicum: Experiencing Yoga, Teaching Meditation

Thurs Jan 19, 6pm - Sat Jan 21, 11am

An opportunity for Integral Yoga teachers to gather together and deepen our understandings on how to teach meditation, and to nourish ourselves with sangha and shared practice. There will also be an open q & a session with Swamiji where we can address any individual issues in our teaching or personal practice.

Swami Ramananda 2017 Program Booking

Please note: Spaces are limited so book ASAP to secure your place. There are substantial discounts for early bird payment, and we are offering discounted packages if you wish to attend more than one event. You may also secure your place by paying a deposit, with full payment due by 20/12/16, however to receive the early bird price, full payment must be received by 20/11/16. Payment can be made via cheque, direct debit or credit card (MasterCard / Visa).

Please make your booking via www.trybooking.com/NNQY

For booking enquires, contact Mitra on 0400 594 095 or sadema@netspace.net.au

Note: Details on the two Integral Yoga teachers practicum programs and Satsang with Swami Ramananda and Sacred Sound: Chanting with Jarek Czechowicz will be announced ASAP. These programs are NOT currently included in the discounted packages and will be optional add-ons once details are available.

Melbourne Programs:

An Evening with Swami Ramananda: Hatha Yoga Practice and Q & A

Tuesday January 10, 6-9pm

Early bird payment by 04/12/16: \$50 (includes supper)

Payment after 04/12/16: \$60 (includes supper)

Private/Small Group Sessions / Mentoring with Swami Ramananda

Wednesday January 11, by appointment

Cost: by donation

Yoga for Stress Management

Sunday January 22, 9.30-5pm

Early bird payment by 04/12/16: \$135 (includes organic vegan lunch)

Payment after 04/12/16: \$155 (includes organic vegan lunch)

Deposit paid by 04/12/16: \$50 (balance due by 20/12/16)

*"Sincere thanks to Swami Ramananda who lives the Yoga teachings in his every-day life and teaches by example."
- 2015 program participant*

Residential Retreats: Prices include tuition, organic vegan meals & accommodation

Residential Weekend Workshop: How Yoga Heals

Fri Jan 13, 7pm - Sun Jan 15, 2pm

Early bird payment by 04/12/16: \$545 p/p private room / \$385 p/p twin share

Payment after 04/12/16: \$590 p/p private room / \$430 p/p twin share

Deposit paid by 04/12/16: Private room—\$100 / Twin share—\$100 (balance due by 20/12/16)

4—Day Intensive: Meditation and Yoga - Dive In Deep!

Sun Jan 15, 7pm—Thurs Jan 19, 2pm, 2017

Early bird payment by 04/12/16: \$1080 p/p private room / \$840 p/p twin share

Payment after 04/12/16: \$1170 p/p private room / \$930 p/p twin share

Deposit paid by 04/12/16: Private room—\$200 / Twin share—\$200 (balance due by 20/12/16)

Discounted Packages:

All Programs Pack—both Melbourne programs and both residential retreats

Early bird payment by 04/12/16: \$1610 p/p private room / \$1250 p/p twin share

Payment after 04/12/16: \$1750 p/p private room / \$1400 p/p twin share

Deposit paid by 04/12/16: Private room—\$300 / Twin share—\$300 (balance due by 20/12/16)

Residential Retreats Pack—both residential retreats

Early bird payment by 04/12/16: \$1460 p/p private room / \$1100 p/p twin share

Payment after 04/12/16: \$1575 p/p private room / \$1225 p/p twin share

Deposit paid by 04/12/16: Private room—\$300 / Twin share—\$300 (balance due by 20/12/16)

Melbourne Events Pack—both Melbourne programs

Early bird full payment by 04/12/16: \$165

Full payment after 04/12/16: \$195

Deposit paid by 04/12/16: \$100 (balance due by 20/12/16)

"I am very grateful to have been around Swami Ramananda, to spend time in the presence of a great teacher." - 2015 program participant