

# Cohesion: Stability as a Source of Equanimity

A 4-DAY

# YOGA WORKSHOP:

WITH

# DONNA FARHI:

Yoga Sutra II:46: Sthira sukham asanam

“Through steadfastly abiding in the part of the self that is unchanging one finds ease within the posture of the moment.” ~ Donna Farhi

Cohesion

“The molecular force between particles within a body that acts to unite them.”

In Patanjali's famous sutra where he defines the practice of asana, we are advised to use the practice of asana to bring about steadiness in the body, in the heart and in the mind. In this intensive we will explore how to balance strength and flexibility as a precursor to stability in practice. A central theme of this workshop will be learning how to safely mobilize inherently stable structures in the body such as the upper back, while strengthening vulnerable structures such as the lower back and neck to prevent injury. We will learn how to work systematically to relax, lengthen and then strengthen muscles so they can support maximal spacing and integrity within the joints. This intensive is an essential investment for Yoga students and teachers wanting to either heal or prevent hypermobility which can be a common cause of chronic pain and injury.

Each day of this intensive will be divided into two sessions. In the morning session we will explore finding stability and ease within the practice of asana. We will also investigate how we can elevate the practice of asana to a new level by drawing the mind into a deep state of focused relaxation. The afternoon sessions will incorporate the practice of sitting meditation, restoratives and the ancient practice of Yoga Nidra as a way of finding stability within the heart and mind. There will also be time for philosophical discussion and questions each day.

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

Donna Farhi is a Yoga teacher who has been practicing for 30 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 three separate publications on outstanding contemporary teachers of our time. Donna is the author of the contemporary classic, *The Breathing Book, Yoga Mind, Body & Spirit: A Return to Wholeness* *Bringing Yoga to Life: The Everyday Practice of Enlightened Living* and *Teaching Yoga: Exploring the Teacher-Student Relationship*. American Born, Donna now resides in Christchurch, New Zealand where she pursues her passionate love of horses.

## WORKSHOP SCHEDULE

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

Friday March 19th, 6PM - 8:30PM

Saturday March 20th - Tuesday March 23rd 9:30AM – 12PM & 2PM – 4:30PM each day

### VENUE

Erskineville Town Hall  
104 Erskineville Road  
Erskineville NSW 2043

### FEES

**Workshop:** \$550 AUD

(early bird price if booked before February 15th 2010)

\$575 AUD (if booked after February 15th 2010)

\$200 deposit is required to secure your place. Total payment is due no later than March 1st, 2010.

### CANCELLATION POLICY

We do not offer refunds. Please note that payments for any session at Samadhi Yoga are non-refundable. Payment in part or full confirms your place on a workshop, event, class or course and is therefore binding. In special circumstances if you are unable to attend the course for which you have booked we may offer a transfer or a credit note, at our discretion. Credit notes WILL NOT be offered after the date of the workshop, event, class or course that has lapsed.

### WHAT TO BRING

Yoga mat, belt, block, 3 blankets and a bolster (if you have one)



## REGISTRATION FOR THE DONNA FARHI WORKSHOP 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Post Code \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Mobile \_\_\_\_\_

Email (this is really important so we can let you know your form as been received)  
\_\_\_\_\_

Age \_\_\_\_\_

I have enclosed a cheque for \$ \_\_\_\_\_

Or provide your credit card details and we will deduct the full amount upon receipt of this form. Please write clearly.

Card type:

Card numbers:

Expiry:  /

CCV (3 number on the back):

### FOR MORE INFORMATION OR TO REGISTER

Please post your registration form to  
Samadhi Yoga  
Studio 104, Flourmill Studios  
3 Gladstone Street  
Newtown 2042

Payment needs to be made with registration, please address cheques to Samadhi Yoga or include your credit card details. Payment can also be made over the phone or by email.

For more information phone 02 95173280

or email [info@samadhiyoga.com.au](mailto:info@samadhiyoga.com.au)

[www.samadhiyoga.com.au](http://www.samadhiyoga.com.au)