



International Yoga
Teachers Association

CONFERENCE PROGRAM



Celebration of Yoga
Sydney Town Hall
20 - 22 October 2017

World Class Yoga Teacher Training
www.iyta.com.au

WELCOME



It's my pleasure and privilege to welcome you to this very special 50th Anniversary Celebration of Yoga conference at the historic Sydney Town Hall. It is a weekend where we come together to celebrate and honour YOGA and IYTA's role in helping to establish yoga not only in Australia but around the world. In 1967 an enterprising group of Yogis, headed by Roma Blair (Swami Nirmalananda), established the International Yoga Teachers Association with the purpose of providing quality yoga teacher training and ongoing support and development. 50 years on the firm values of Ethics, Code of Conduct, adherence to safety and respect for all lineages of Yoga has stood the test of time enabling IYTA to become stronger than ever.

Let us take the time to unite with friends old and new over these next few days, for after all, that is the true meaning of Yoga.

Yours in Yoga
Mary-Louise Parkinson (President)

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yogasynergy



Qi Health & Yoga



Change Your Water - Change Your Life



DONNA FARHI



DR. RAMA PRASAD



AUSTRALIAN LIFE yoga

AUSTRALIAN yoga JOURNAL

AGENDA

Friday 20 October

- 07:00 - 08:00 **Early Morning Yoga - STH Marconi Terrace**
Mary-Louise Parkinson
- 07:00 - 08:50 Registration
- 09:00 - 09:30 **Opening Ceremony**
Includes Welcome to Country by Darug elder *Ros Fogg* & good wishes from the Indian Government delivered by Indian Consul General *Mr B. Vanlalvawna*
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- 09:30 - 10:30 **Energy Matrix of Yoga**
Dr Ananda
- 10:30 - 11:00 BREAK
- 11:00 - 12:30 **Energy Matrix of Yoga**
Dr Ananda
- 12:30 - 13:45 LUNCH BREAK
- 13:45 - 16:15 **How to move fluidly from your core in your postural practice**
Simon Borg-Olivier
- 16:15 - 16:45 BREAK
- 16:45 - 17:30 **Yin Restorative**
Sarah Manning
- 17:30 **Close Day 1**

Saturday 21 October Morning Session

- 07:00 - 08:00 **Early Morning Yoga - STH Marconi Terrace**
Simon Borg-Olivier
- 8:00 - 08:50 Registration
- 9:00 - 09:45 **What makes yoga - Yoga**
Donna Farhi
- 9:45 - 10:00 BREAK
- 10:00 - 11:45 **Strong, centered & pain free; the psoas as keystone to balanced posture**
Donna Farhi
- 11:45 - 12:00 BREAK
- 12:00 - 12:50 **Classical teachings from our great Yoga Masters of the past**
Marion (Mugs) McConnell
- 12:50 - 13:50 LUNCH BREAK

AGENDA

Saturday 21 October Afternoon Session

- | | |
|---------------|---|
| 13:50 - 14:10 | Diwali blessing
<i>Shakti Durga</i> |
| 14:15 - 15:45 | Ayurvedic principles for yoga practitioners
<i>Dr Rama Prasad</i> |
| 15:45 - 16:00 | BREAK |
| 16:00 - 17:00 | iRest Yoga Nidra
<i>Dr June Henry</i> |
| 17:00 | Close Day 2 |
| 18:45 - 22:15 | Gala Dinner @ STUDIO Sydney Tower |

Sunday 22 October

- | | |
|---------------|--|
| 07:00 - 08:00 | Early Morning Yoga - STH Marconi Terrace
<i>Eve Grzybowski</i> |
| 08:00 - 08:50 | Registration |
| 09:00 - 11:30 | Yoga in the light of physical, mental & spiritual health
<i>Chris Barrington</i> |
| 11:30 - 12:00 | BREAK |
| 12:00 - 13:00 | The art of mindful presence in yoga teaching
<i>Sal Flynn</i> |
| 13:00 - 14:00 | LUNCH BREAK |
| 14:00 - 16:00 | Because You're Beautiful
<i>Toni Childs</i> |
| 16:00 - 16:30 | Closing Ceremony |
| 16:30 | Conference Close |



PRESENTERS



Dr. Ananda Balayogi Bhavanani (Yogacharya) **Energy Matrix of Yoga**

MBBS, ADY, DPC, DSM, PGDFH, PGDY, FIAY, MD (Alt.Med)

Dr. Ananda is Deputy Director of the Centre for Yoga Therapy Education and Research at Sri Balaji Vidyapeeth University, Pondicherry. He is son and successor of the internationally acclaimed Dr. Swami Gitananda Giri Guru Maharaj and Yogacharini Kalaimamani Ammaji, Smt Meenakshi Devi Bhavanani.

Amongst his many accomplishments and appointments, Dr Ananda is Chairman of the International Centre for Yoga Education and Research (ICYER) at Ananda Ashram as well as honorary International advisor to a number of international yoga bodies. He is a Classical Indian Vocalist, Percussionist, Music Composer and Choreographer of Indian Classical Dance and a prolific writer and author.

Dr Ananda's presentation will highlight the importance of understanding the human being as a manifestation of universal energies. It will be a reminder that we are not a body looking for a spiritual experience, but are a spiritual being enjoying a physical experience through the matrix of energy, the cosmic Prana itself.



Simon Borg-Olivier **How to move fluidly from your core in your postural practice**

Simon Borg-Olivier MScBAppSc (Physiotherapy) is a Co-Director of Yoga Synergy, one of Australia's oldest and most respected yoga schools. Over the years, Simon has studied with B.K.S Iyengar, K. Pattabhi Jois and T.K.V Desikachar. He met his main teacher, Natanaga Zhander (Shandor Remete), in 1985 and studied intensively with him for almost 20 years before continuing his training with Master Zhen Hua Yang.

In his presentation, Simon will show you how to move actively and fluidly from your core while initially allowing your body to breathe for you, and later developing breath-control. You will be shown special types of core stabilisation for the whole body that can stabilise and nourish your joints and muscles, prevent and heal injuries, and relieve physical pain. The techniques taught in this workshop also help improve the digestion of food, absorption of nutrients, elimination of waste and stored toxins, and the health of the reproductive system. Simon will also lead the Early Morning Yoga class on Saturday.

PRESENTERS

Donna Farhi

Strong centered & pain free; the psoas as keystone to balanced posture

Donna has been teaching since the early 80's and is one of the most sought after guest teachers in the world. Her approach to Yoga is informed by the refinement of natural and universal movement principles that underlie safe and sustainable Yoga practice. Considered the "teacher of teachers", students return to Donna's intensives year after year to be a part of the inspiring evolution of her own practice and teaching. Donna has authored four contemporary classics and her last book; Teaching Yoga: Exploring the Teacher-Student Relationship is a curricular text for teaching trainings worldwide.

In her presentation Donna will initially explore the essential values and aims of traditional Yoga and how we can preserve the spirit, intention and aims of Yoga practice while incorporating new knowledge from the sciences, somatics and from our own individual and collective experience as a community. She will then move to the unique anatomy of the Psoas and the far reaching effect it has on the entire body, exploring how simple, safe and painless techniques can release, lengthen and balance your psoas muscles.



Chris Barrington

Yoga in the light of physical, mental & spiritual health

Chris is an internationally renowned speaker and trainer and has taken Dru Yoga and meditation to many parts of the world. Over the years he has trained hundreds of yoga and meditation teachers and has pioneered many ground breaking courses across the globe. He has a deep understanding of the energy bodies and how to activate and balance them. He is a practising jyotish, and has trained many in this ancient discipline of vedic astrology. Chris is a master in the uses of pranayama and prana kriya to move energy in the subtle body.

In his presentation Chris will apply his vast understanding of the science of yoga to show how yogic principles come together in both internal and external practices to help make transformation to higher consciousness and total health possible. Chris will draw the distinction between mindfulness and kriya based practices and give you practical guidelines to develop an abundant mind in all aspects of your life using mantra, mudra, yoga sequence, breath work, and music.



PRESENTERS



Toni Childs Because you're beautiful

Most people know of Toni Childs as the Emmy award winning singer/songwriter with an unmistakable voice. However she is so much more than that. She's an impact artist and a humanitarian who's on a mission to Wrap The World In Beauty. Toni has big plans for her future and all of them involve inspiring us to evolve. Her Because You're Beautiful Yoga Workshop is inspiration for that journey. Toni's Asana sessions are a rich and expansive experience that tune you in to meet a higher vibrational part of yourself. Toni's powerful voice bathes you in sound and love whilst aligning you with the truth that YOU ARE TRULY BEAUTIFUL and power packed. It's time to blast the doors from the hinges of our personal cages of limitations.



Mary-Louise Parkinson MC

Mary-Louise has held the position of IYTA President for the past four years and prior to that served one year as Vice President. She began her yoga journey at High School and has been practising ever since. Mary-Louise graduated with IYTA in 1997 and Dru in 2001. With a career spanning 20 years in I.T. and marketing, she has been credited with bringing the IYTA into the 21st century and ready to face the next 50 years as a leading International Yoga Teaching Association. This Conference is her final project as President, where she will act as MC and lead the Early Morning Yoga class on Friday.



Ros Fogg Welcome to Country

Ros comes from a long line of strong Darug women and is passionate about keeping alive the aboriginal Darug culture & heritage. The Darug people belong to the country surrounding most of Sydney and there are around 7000 living in Sydney today.

In 2001 Ros graduated as IYTA's first indigenous yoga teacher and has been practising and teaching yoga ever since. She has served on the IYTA NSW committee and supported the organisation on a wide range of community activities. Outside of her Yoga activities, Ros is the Chair of the Board of Muru Mittigar (pathway of friends), a not-for profit business that employs up to thirty aboriginal people in Western Sydney to do fee for service work in land management, nurseries and cultural awareness programs. Muru Mittigar was recently a finalist in the Indigenous Governance Awards.

PRESENTERS

Sarah Manning

Yin restorative

Sarah is a senior IYTA and Yoga Alliance Yoga teacher and has been based in Asia since 1995. Sarah's extensive teaching experience includes Yin Yoga, Yoga Therapy, Yoga for Back Care and Pre and Post Natal. She studied Chinese Reflexology whilst living in China and has trained in Tuina (Chinese Meridian Massage) and Yin Yoga whilst living in Singapore. She leads the IYTA Yin Yoga Training and has led the development and introduction of all of the IYTA Post Graduate courses.

Sarah's Yin restorative class will be a time to come to your yoga mat and focus on space in your breath, mind and body. This session will give us a gentle reminder of perspective and access to the joy in our lives.



Marion (Mugs) McConnell

Classical teachings from our great Yoga Masters of the past

Mugs has been teaching yoga for nearly 40 years. She served as the Canadian Representative for IYTA for 34 years and is a founding member of the South Okanagan Yoga Academy (SOYA), a Yoga Alliance Registered Yoga School that is unique in its adherence to IYTA standards. She has served on Yoga Alliance committees since 2012 when she also received a Queen Elizabeth II Diamond Jubilee Medal for services to yoga.

Mugs' passion for the ancient practice of yoga led her to study with many renowned teachers including Yogiraj Dr. Hari Dickman a disciple of Swami Sivananda, Paramhansa Yogananda, and many others.

Mugs' presentation is based on the practices taught to her by Dr Dickman and which are now held in her book "Letters from the Yoga Masters: Teachings Revealed through Correspondence from Paramhansa Yogananda, Ramana Maharshi, Swami Sivananda and Others." Come prepared to do asana, pranayama, meditation, and hear stories from these classical teachings.



PRESENTERS



Sri Guru Shakti Durga Diwali Blessing

Shakti Durga is the founder, spiritual head and inspirational leader of Shanti Mission (Peace Mission), a not-for-profit charity operating a wide-variety of projects and programs with the sole aim of creating an age of peace on earth: inner peace and peace between people. Her teachings focus on the development of spiritual, mental, emotional and physical health and wellbeing with the goal of igniting the divine spark and cultivating the guru within everyone. She has developed a unique approach and philosophy to spirituality based on years of studying with many teachers as well as the various faiths, traditions and religions. A former lawyer, Shakti Durga is skilled at communicating, explaining and de-mystifying the ancient teachings and practices from East and West.



Dr Rama Prasad Ayurvedic principles for yoga practitioners

Rama studied Gurukula style Ayurveda and Yoga at Bharathiyar University in Southern India before holding private internships with some of Keralas leading Ayurvedic masters and then studying hypnotherapy and mind-body counseling in Australia. Rama has been practicing Ayurveda internationally for over 20 years. He runs courses and consultations in most large cities in Australia and has been the keynote presenter at various international Ayurveda and Yoga conferences. In his clinic Rama uses Ayurvedic and Yogic wisdom gained from university and his village. He has identified over 2,000 Ayurvedic herbs that are native to Australia. His future plan includes health villages in Australia and India.

In his presentation Rama will share his knowledge of precise prakruti-pareeksha or constitution analysis. He teaches that body type analysis is the first step towards knowing yourself; it reveals what you are designed for, what empowers you, what depletes you and what stresses you.

PRESENTERS

Dr June Henry iRest Yoga Nidra

June has a long history with IYTA, becoming a full member after completing her yoga teacher training in 1969. She worked with Roma Blair in Sydney, and obtained additional yoga teacher qualifications with Dr Jonn Mumford, in Sydney, Ananda Ashram in Pondicherry, India and various other renowned teaching centres around the world. June's experiences led her to pursue her interest in yoga in the context of health care, and to become a registered psychologist. She is also a certified iRest teacher, a member of the Australian Association of Yoga Therapists and the International Association of Yoga Therapists.

June's particular interests include application of evidence based attentional control training (meditation), iRest and traditional and secular Yoga Nidra as Emotional and Cognitive Empowerment Training. In her presentation June will discuss the evidence based benefits of iRest and its application as a safe, effective and acceptable treatment for combat-and non-combat-related PTSD, before leading us in a practical iRest session.



Eve Grzybowski Early Morning Yoga

Eve is one of Australia's best-known and beloved Yoga teachers and has maintained a consistent practice ever since her first yoga class in 1971. Following intensive training in the Iyengar method under Martyn Jackson, Eve went on to develop her own personal style of Yoga with an emphasis on love, compassion and trust. She has founded two yoga studios in Sydney, Sydney Yoga Centre and Simply Yoga, Crows Nest. Eve has two published books, 'Teach Yourself Yoga' and 'The Art of Adjustment', written many yoga-related articles, and has a weekly blog, 'Yoga Suits Her'. In recent years Eve has concentrated on training Yoga teachers and deepening her understanding of Yoga therapy. To that end, she has completed a year-long course called Midwifing Death to better understand the end stage of life and acts as a Palliative Care Volunteer in the Manning Valley.

Eve will lead the Early Morning Yoga class on Sunday.



PRESENTERS



Sal Flynn

The art of mindful presence in yoga teaching

Sal is a Yoga therapist, psychotherapist and educator. Underpinning her work is more than 30 years of practice and study in the eastern traditions, along with education and internships in Western psychotherapy and Yoga therapies both in Australia and India.

Sal has a degree in Counselling and Human Change, a Clinical Diploma in Hypnotherapy and is trained to deliver John Kabat-Zinn's Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programs, as well as various post graduate Yoga trainings. Sal has a private clinical practice in Byron Bay and runs workshops and trainings for Yoga teachers and Counsellors both nationally and internationally.

In her presentation Sal will examine the importance of being wholly present physically, emotionally, cognitively and spiritually in order to allow a greater level of responsiveness on a kinesthetic and emotional level within the teacher/student relationship. She will offer thoughts on recognising and removing the obstacles to being fully present, such as stress, anxiety & over thinking, while maintaining our own self care.



Kylie Carslaw

Musician

Kylie is a yoga teacher with a special gift – a magical singing voice and delights students by singing during her yoga classes.

Kylie's love affair with yoga began after undergoing some big life changes including leaving the corporate world and becoming a mother. Through her practice she discovered many positive physical effects, as well as a vast improvement in her emotional wellbeing. Kylie became a qualified teacher in 2010 and in her classes works with breath work, visualisation and song to aid in emotional release, healing and restoration.

Kylie and her father Wal, a professional guitarist and singer, will be performing for us throughout the conference and Gala Dinner.

GALA DINNER

STUDIO

Sydney Tower

STUDIO Sydney Tower is located in Westfield Sydney, between Pitt & Castlereagh Street. It is approximately 10 minutes walk from the conference venue.

To access the venue - enter the shopping centre on Castlereagh Street near the corner of Market Street. The entrance is between PRADA and MIU MIU. Take the escalator 1 level up and you will see Sydney Tower lift lobby on the left opposite CHANEL. It looks like a glass fish bowl.

We will have ushers on hand to assist.

Formal proceedings start at 7pm promptly so please aim to arrive at 6.45pm to allow time for onsite registration and enjoy a welcome drink.

Attendance is limited to those that have booked and paid prior the conference. If you would like to join at the last minute we will try our best to accommodate you, however can not guarantee as final guest numbers need to be advised to the venue seven days prior.

Prior to the start of the conference:

e-mail conference@iyta.com

After the conference has commenced:

enquire at the IYTA registration desk in the conference foyer.



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