

MARCH 6-8, 2020

NEW SOUTH WALES,  
AUSTRALIA



# EMPOWERMENT THROUGH YOGA

with A.G. Mohan & Indra Mohan



Empowerment through Devotion, Bhavana & Pranayama  
at the Yogalates Studio, Bangalow, near Byron Bay



## Weekend immersion with the **Mohans in Australia**

*A unique weekend retreat program with a focus on 'empowerment through devotion, pranayama and bhavana' with world renowned master teachers, authors and founders of Svastha Yoga & Ayurveda,  
**A. G. Mohan and Indra Mohan***

**The 3 Day Empowerment through Devotion, Pranayama & Bhavana Weekend Retreat Program** will be held at the **Yogalates studio** on the **6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of March, 2020**. This is an opportunity to immerse yourself in the aspects of Yoga which may potentially enrich and deepen your yogic practice, and empower you in every area of your life. You will have the experience of yoga in the classical way, guided by two contemporary masters of yoga, **A. G. Mohan and Indra Mohan**.

# Empowerment through devotion

*No strength can equal the mental strength that yoga can give you. The Yoga Sutras of Patanjali offers the option of devotion as a practice in yoga, termed isvara pranidhana in Sanskrit.*



Devotion is not just one more practice among many—it is one of the most effective and easy pathways to mental steadiness and is a way to comprehensively combine all the other practices in yoga.

## **Isvara Pranidhana**

Isvara pranidhana literally means “to place oneself with the Divine.” It refers to an attitude of trust in, and love for, the Divine. For the practice of devotion to work, though, our conception of the Divine must be positive and nourishing. One can also gain inspiration from holding in one’s mind those who bring the qualities of divinity to us—great seers who have attained the state of yoga, for instance.

Connecting with the qualities of divinity within us changes our thoughts and feelings profoundly and effortlessly. It easily guides us towards inner equanimity and freedom from negativity and distraction. Devotion does require our full-hearted and joyful engagement—we must envision it, embrace it, nurture it.

In this workshop, renowned yoga masters, A. G. Mohan and Indra Mohan, will present vital keys and practices to set you on the path of devotion. No matter which religious beliefs you embrace, the principles presented in this workshop are universal, based on yoga psychology, and will help you better connect to the inner light of the Divine.

# Empowerment through Pranayama & Bhavana

“

Krishnamacharya  
used to say, “To cure the  
illness of the body, use  
the body. To cure the  
wandering of the mind,  
practice pranayama.”

”

## Pranayama

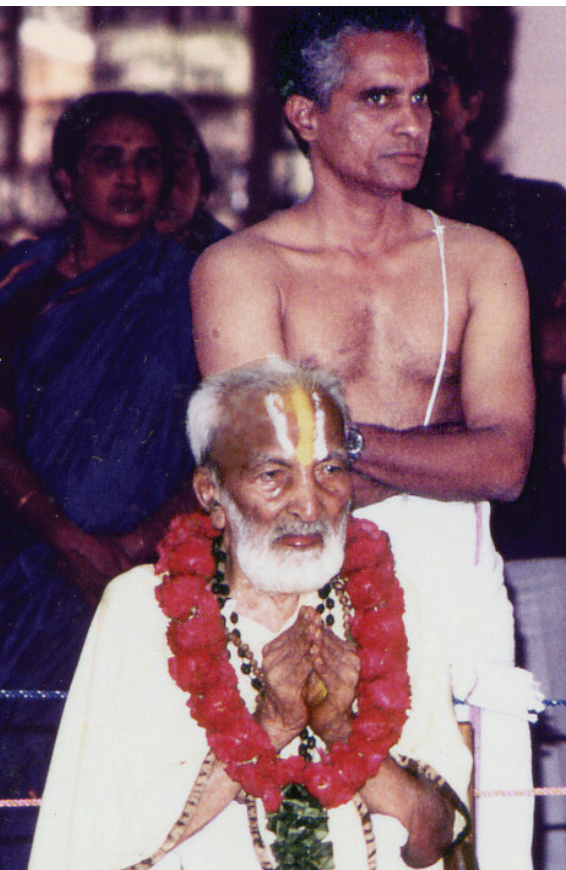
It is said in the ancient texts, “There is no discipline superior to the practice of pranayama for removal of mental impurities.” Pranayama is the practice that defines yoga itself—other systems of wellbeing and self-transformation work with the body or the mind, but yoga has the unique distinction of working in-depth with the breath.

## Mantra, Mudra, Bhava-s

Pranayama is also referred to as the “yoga of inner touch” in ancient texts. That is, pranayama is not just about doing something with your breath. It is also about connecting to the inner “bhava”—an existential shift in the way you feel, from within. Pranayama should create internal subtle states of connection to the body, and possibility of transcendence, going beyond the body.

That is why pranayama is the transition from the body to inner stillness in the Yoga Sutras. Deep pranayama begins when stillness arises in the body. To facilitate this inner shift through pranayama, we also work with mantra, mudras, and bhava-s.

In this weekend workshop, you will have the experience of pranayama in the classical way, guided by two contemporary masters of yoga teaching and practice, A. G. Mohan and Indra Mohan.



# About the Mohans



*The greatest influence on yoga in modern times was undoubtedly the legendary 20th century yogi, Sri T. Krishnamacharya – a master of yoga, scholar of all Indian philosophies and a healer of repute.*

Krishnamacharya is widely considered the ‘father of modern yoga’, having taught the world’s most influential teachers and shaping yoga as we know it today.

**Svastha Yoga & Ayurveda** was started by A. G. Mohan and Indra Mohan, in the tradition of the legendary yogi Krishnamacharya. Svastha combines the best of traditional yoga with modern science, refined over decades of practical teaching and extensive studies.

**A.G. Mohan** is internationally respected as one of the most senior yoga masters alive and a direct link to the authentic yoga traditions of the yoga of Krishnamacharya who he studied with intensively for 18 years.

**Indra Mohan**, one of the few people ever awarded a yoga teaching certificate from Krishnamacharya, is a skillful and insightful yoga teacher and therapist with decades of experience. Indra is known for her astute intelligence and the capacity to guide her students and clients to clarity, self-understanding and peace.

# Retreat program **details**



## **Location**

Yogalates Studio, 72 Byron St, Bangalow NSW 2479.



## **Dates & Times**

FRIDAY 6<sup>th</sup> March, 6pm - 8pm

SATURDAY 7<sup>th</sup> March, 10am - 5pm

SUNDAY 8<sup>th</sup> March, 9am - 4pm



## **Cost**

Introductory session on Friday, 6 March: \$30.

Weekend program on 7-8 March: Early bird \$320 (pay before 6th February), after this date \$350.



## **Booking Information**

For registration and enquiries please contact

[libbie@healthymoves.com](mailto:libbie@healthymoves.com)

To confirm your booking you will need to pay the program fee to reserve your space.