

ABOUT US

Amanda Carlton, Principal

With a friendly/professional, creative approach Amanda supports clients to realise their potential, to live balanced, healthy and happy lives.

AREAS OF EXPERTISE

WELLBEING CONSULTANT/COACH

As a qualified Samata Yoga instructor Amanda's knowledge includes Mind Body Integration, Meditation, Meridian Function, Basic Anatomy, Pain Management and Pre-Post Natal Care.

In Amanda's professional coaching practise she specialises in Life Work Balance, Coaching for Leadership, Career Transition and Cultural Change.

BACKGROUND

Amanda thrived in the fast paced world of the Australian Fashion Industry through the 80's and 90's. Her enthusiasm for personal growth combined with her creative talents lead her into the world of the arts, where she produced and coordinated projects and events for arts organisations and local government in Victoria and the NT. Moving into the role of employment consultant happened by chance, it was here that Amanda discovered an aspiration to work closely with people to add value to their lives.

Amanda was inspired to become a yoga instructor and later a professional coach.

Qualifications/professional development:

- Certificate in Professional Coaching – Coachcorp P/L
- Certificate IV in Small Business Management – Bateman TAFE
- Yoga Instructor - Samata Yoga Australia
- Arthritis & Back Pain Management a short course - Dr. Daniel Lewis Specialist Rheumatologist at Monash Medical Centre
- Reiki I & II – Keith McKinlay
- Associate Diploma of Fashion Design and Production – The Gordon Institute of Technology

Affiliations: Member ICF - International Coach Federation

ABOUT SRIANDA

The seeds were sown for SRIANDA while Amanda was working in Job Network an industry renowned for high stress and high staff turnover. Amanda introduced strategies based on her yoga practice to support colleagues in overcoming anxiety, frustration and stress at work.

As a job search trainer she encouraged clients to broaden their horizons, to focus on their talents skills and abilities, to set realistic goals, to put actions into place to build a career path they would find truly rewarding. Amanda took her own advice and started a business.

SRIANDA is a business dedicated to supporting your wellbeing offering yoga programs and professional coaching services.

The business name SRIANDA is derived from Amanda's spiritual name SRISHTI (*in Sanskrit – Creation*) and AMANDA (*in Latin - Worthy of love*).

Yoga programs are based on the philosophy and teachings of Swami Durgananda and Samata Yoga.

SAMATA YOGA

The practise of Samata yoga as an easy although profound yoga, allows the individual to embark on a journey of learning to the ultimate illumination of the soul. Along this journey of discovery, not only are we helped and aided in the daily struggles encountered in our individual everyday existence, but also universally as the structures of society begin to deteriorate, and old beliefs are shattered as so often happens within this age of discontent. Once we consciously understand who we are and why we are here, this will without doubt give us the strength and ability to deal with many of the stresses of everyday living and survival, which can result in physical and emotional breakdowns. We are therefore equipped with the ability of a quick recovery to handle each situation and turn it into a spiritual experience of evolution.

[About Samata Yoga is from the Samata Yoga website www.samatayoga.com](http://www.samatayoga.com)

Bernadette Fyffe is an experienced yoga teacher and workshop facilitator.

Qualifications/professional development:

- Thought Field Therapy 2003
- Bowen Therapist 1998
- Subliminal Dynamics 1998
- Yoga Instructor with Samata Yoga Australia 1998 (details as above)
- Bowen Practioner 1995
- Reiki I 1991
- Massage Course 1988
- Bachelor of Education Creative Arts 1980
- Higher Diploma or Teaching 1978
- Diploma of Physical Education Melbourne University 1976

Bernadette is committed to ongoing metaphysical studies and specialises in Palmistry and Numerology.

Bernadette has been a student of Samata Yoga Australia since 1996 and attributes her depth of knowledge to the expert tutelage of her teacher Swami Durgananda.

Bernadette operates the **Maha Centre of Yoga and Wellbeing** and offers Yoga Classes, Meditation Courses, Bowen Therapy, Massage, Palmistry Consultation and Workshops to contact her call P: 0408 812 949

Donna Jordan has been teaching yoga since 1999 and is an experienced workshop facilitator.

Qualifications/professional development:

- Yoga Instructor with Samata Yoga Australia - (details as above)

- Reiki I & II
- Massage Therapy - Energy Balancing and Intuitive Healing
- Certificate I in Basic Aromatherapy
- Certificate I in Advanced Astrology (Australian School of Astrology)

Donna has completed Arthritis & Back Pain Management with Dr. Daniel Lewis (Specialist Rheumatologist at Monash Medical Centre).

Donna operates the '**Shivarani Yoga Centre**' **Ferntree Gully** and offers Yoga Classes, Workshops and Massage Therapy to contact her call P: 03 9758 6636 or M: 0400679888

Donna Jordan produces and sells the natural skin care range SUKHA

SUKHA surround yourself in nature

Since 1995 Sukha has been drawing on the powerful healing properties found in nature to make a natural skincare range.

Using plant oils and herbal extracts Sukha makes products which nourish, restore and rejuvenate tired lifeless skin. Sukha is an Australian owned family business.

'Our products don't use petroleum based ingredients or anything tested on animals and we don't use expensive packaging. Sukha focuses on using natural ingredient to make affordable products that create brilliant results. Our customers tell us they work, why not see what they can do for you.' Donna Jordan

For full product list and prices call Donna on P: 03 9758 6636 or M: 0400679888

For information on any of our services, please [Contact Us](#)