

## YOGA PROGRAMS

We deliver programs to workplaces and schools around Victoria

**STRESS MANAGEMENT PROGRAMS** - we focus on skills to enhance performance and wellbeing in the workplace, ideal for management teams, professional development programs and staff training days.

**RELAXATION AND MEDITATION PROGRAM** - a 6wk program. You will learn skills to assist with chronic stress and chronic fatigue, this program is suitable for people with Fibromyalgia.

**YOGA for SCHOOLS** - meeting VELS standards & enhancing emotional intelligence - Year 10 DP program Introduction to Yoga teaches stress management and relaxation techniques to students this program is delivered at your school.

### The Benefits:

- \* Enhanced concentration
- \* Developed self awareness
- \* Increased wellbeing
- \* Pain management

Our programs are delivered in your workplace, school or organisation, we specialise in tailoring programs to your requirements.

Weekly yoga classes in Elwood and Pt Melbourne.

- \* **STRESS MANAGEMENT PROGRAMS** - Click to download information
- \* **RELAXATION AND MEDITATION PROGRAM**- Click to download information
- \* **YOGA for SCHOOLS** - Click to download information
- \* **Weekly Yoga Class in Elwood and Port Melbourne** - Click to download class information and dates

Click here to download our general yoga brochure

- \* **CD - A POSITIVE APPROACH TO PAIN CONTROL** - for people who suffer with chronic pain and chronic fatigue this CD is suitable for people with Fibromyalgia - Click to download information

YOGA programs are based on the teachings of Swami Durgananda and Samata Yoga Australia, yoga instructors are fully qualified, hold current senior first aid certificates and have public liability insurance.

Our programs are suitable for all fitness levels, beginners and advanced students.

Yoga asanas / postures help strengthen and correct the body structure, stretch muscles, massage internal organs, creating a positive foundation for a healthy body.

Pranayama / breathing exercises cleanse, stimulate and increase the vital flow of energy within the body creating a feeling of positive awareness.

Yoga nidra / deep relaxation - under the guidance of a qualified instructor one is taught the benefit of complete relaxation, this practice is essential for peace of mind.  
Meditation – from the ancient form of Raja Yoga once taught only to initiates of the east.

### **CLASS REQUIREMENTS**

Please wear loose clothing, including socks - bring a blanket and small cushion - do not eat a large meal within 1 hour before a class - do not drink before class other than a few sips.

All participants are required to fill out a registration form prior to commencing a corporate yoga program stating relevant injuries, illnesses and associated health factors which may affect their yoga practice.

We value your privacy - please read our privacy policy in full.

For more information, booking details and prices please Contact Us

### **TESTIMONIALS**

#### **Gentle Yoga Class**

I attempted yoga classes on many occasions but always felt physically out of my depth. Amanda has shown me that I can practise yoga well and, that through its teachings, I can accomplish my goal of improved levels of mental and physical wellbeing. Her individualised approach during class has allowed me to work at my own rate and be challenged when I am ready.

I am encouraged to try new things in a supportive way and I am growing in confidence to extend myself. I look forward to every class and enjoy focussed "me" time for one hour. I feel proud of my progress and thank Amanda for her patience, professionalism and commitment to her students. I hope I will be practising yoga for the rest of my life.  
Louise P – School Principal, May 09

Yoga classes help me find inner peace and strength. The combination of gentle exercise, meditation, breathing and relaxation is something I look forward to each week. Jill Peterkin – Director, J E Peterkin & Associates May 09

#### **Yoga for Schools**

Yr 10 Personal Development Program – Introduction to Yoga some of the schools who have enjoyed this program are Caulfield Grammar Wheelers Hill, Loreto Mandeville Hall Toorak, Preston Girls Secondary College, and Kardinia International College Geelong. Thanks Amanda for the Relaxation Stress Management Program, the enjoyed participating in the sessions and learnt good practical stress management skills, so did I.  
Margaret Chigros - Preston Girls Secondary College, Oct 08

#### **Corporate Yoga**

I was very impressed with the way just some simple exercises can help with my well being and that of the group. Their eagerness to participate showed me that everyone enjoyed the session and they appreciated the company is not just attending to their technology needs. You have a very soothing presentation style and I would be more than happy to recommend you to other businesses that might want to engage you for training their staff in relaxation. Thank you. Andrew Barnden - Consulting Manager – Vic, Red Rock Consulting, Feb 09

Thank you for today's corporate session and for being flexible in extending your program at short notice. I have had some great feedback on your professional delivery, knowledge and effectiveness of the relaxation methods you gave to the group. I hope that we can invite you to meet with us again soon. Jenny Hope - General Manager, St Laurence Employment Services May 08