

**Registration Form**

**'ABHAYASA'**

ONE DAY YOGA INTENSIVE

**SUNDAY 25 JULY 2021**

**VIRGINIA TODD HALL**

9-15 Clarence Street, Geelong West

*Please fill out the registration form clearly.*

*If registering for more than one person, we require a form for each person - thank you.*

**Name:**

**Address:**

**Phone:**

**Email:**

**Your Payment Details**

*Please select:*

**Cheque:**

**Direct Debit:**

**Date Paid:**

*Would you like to receive email updates and information on courses, programs or events?*

**Signature:**

**Date:**

**'ABHAYASA'**

ONE DAY YOGA INTENSIVE

**SUNDAY 25 JULY 2021**

**VIRGINIA TODD HALL**

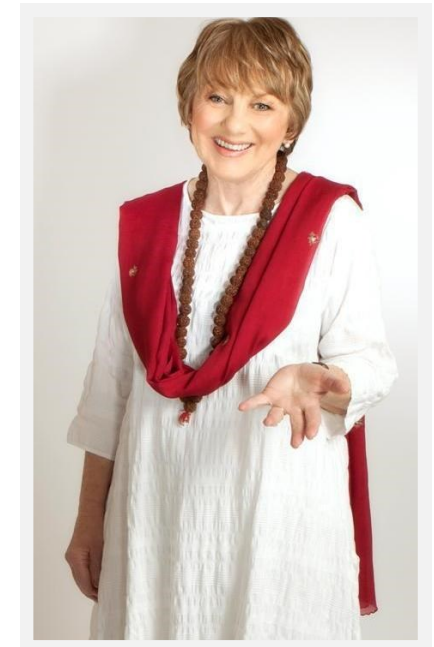
9-15 Clarence Street, Geelong West

Enquiries call Maya M: 0408 812 949

For information about  
SAMATA SAMASHTI DHARMA  
[www.samatayoga.com.au](http://www.samatayoga.com.au)



SAMATA SAMASHTI DHARMA



SWAMI DURGANANDA

Spiritual Leader of Samata Samashti Dharma

**'ABHAYASA'**

ONE DAY YOGA INTENSIVE

EXPERIENCE HATHA YOGA, WORKSHOPS,  
YOGA NIDRA, LECTURES & KIRTAN

**SUNDAY 25 JULY 2021**

**VIRGINIA TODD HALL**

9-15 Clarence Street, Geelong West



**Swami Durgananda**  
*Realized Master,  
Initiated Master of Meditation,  
Spiritual Leader of  
Samata Samashti Dharma.*

*Durga Swami has a profound understanding of the universe and the human condition. Through her lectures, articles and books she shares ancient knowledge and wisdom with compassion and humour, teaching us how to go within, to bring balance and harmony into our lives.*

*The one day yoga intensive is an excellent opportunity for those who have never been to a full yoga retreat to be introduced to the wonderful learning of ashrama. You will experience Hatha Yoga, Workshops, Lectures, Yoga Nidra and Kirtan.*

*For those of you who have been on a yoga retreat, it's an opportunity to immerse yourself in the teachings and vibration of like-minded.*

### **Schedule**

## **'ABHAYASA'**

### **ONE DAY YOGA INTENSIVE**

Sunday 25 July 2021

|                         |  |
|-------------------------|--|
| 9.30 - 9.45 am          | Arrival                                      |
| 9.45 - 10.00 am         | Welcome & Orientation                        |
| 10.00 - 10.30 am        | Hatha Yoga                                   |
| 10.30 - 10.45 am        | Morning Tea                                  |
| <b>10.45 - 11.45 am</b> | <b>Pressure Points in Daily Life - Kabir</b> |
| 11.45 - 12.15 pm        | Yoga Nidra                                   |
| 12.15 - 1.00 pm         | Lunch  |
| 1.00 - 1.15 pm          | Asanas for Digestion                         |
| <b>1.15 - 2.15 pm</b>   | <b>Mind - Matter. Swami Lecture</b>          |
| 2.15 - 2.30 pm          | Afternoon Tea                                |
| 2.30 - 3.00 pm          | Experience Talk                              |
| 3.00 - 3.30 pm          | Questions and Answers                        |
| 3.30 - 4.00 pm          | Kirtan                                       |
| 4.00 - 4.15 pm          | Notices & Close                              |

### **What to Bring:**

#### **BYO Lunch**

*Yoga mat or cushion, shawl & pen and paper for taking notes.*

#### **Intensive Attire**

*Dresses, skirts (knee length or longer), long legged comfortable trousers/pants and tops that **cover the shoulders** for male and female. We dress modestly out of respect for the sacred atmosphere of the Yoga Intensive.*

#### **Please Note:**

*The One Day Intensive schedule is subject to change without notice.*

### **REGISTRATION FORM**

Download registration form at  
[www.samatayoga.com.au](http://www.samatayoga.com.au)

### **Return Registration Form to:**

**Email:** [bernafyffe@gmail.com](mailto:bernafyffe@gmail.com)

**Postal:** SAMATA YOGA AUSTRALIA  
PO BOX 1576, ST KILDA SOUTH VIC 3182

### **ONE DAY YOGA INTENSIVE**

**Fee:** \$201:00

**Payment Due:** Thursday 15 July 2021

### **Cheque Payment to:**

SAMATA SAMASHTI DHARMA Inc.

### **Direct Debit Payment to:**

SAMATA SAMASHTI DHARMA Inc.

**BSB: 633 000 Account No: 171 987 829**

PROMPT PAYMENT IS APPRECIATED

### **One Day Intensive Terms and Conditions**

*Cancellations: No refunds will be given for cancellations made with less than 14 days notice. No credit will be given.*

### **Disclaimer**

*Samata Samashti Dharma, its agents and employees do not accept liability for loss of property or damage or personal injury arising from the one day yoga intensive.*