

## How to book

Spaces are limited. Book early to avoid disappointment.

**Book and pay by phone** 02 9361 3993 or 0439 621 417 for credit card payments.

**Book and pay by post** make cheque, money order or credit card details payable to 'Three Realms Yoga'.

Post to: Three Realms Yoga, 2 Rockley St, Bondi NSW 2026

**Book and pay by EFT** via internet banking.

Email your receipt details to [info@threerealmsyoga.com.au](mailto:info@threerealmsyoga.com.au) including your course, name and a contact number.

Account Name: Three Realms Yoga

Bank: CBA BSB: 062 220 Account No: 1016 5718

**Book and pay online** at [www.threerealmsyoga.com.au](http://www.threerealmsyoga.com.au)

**Refund policy** For cancellations before the start of the second class a 70% refund applies. No refund is available after the start of the second class, however you are allowed to send a friend in your place.

### For more information

Download a detailed course curriculum from [www.threerealmsyoga.com.au](http://www.threerealmsyoga.com.au) or contact Deanne on the details below.

three realms yoga 

Three Realms Yoga T: 0439 621 417  
[www.threerealmsyoga.com.au](http://www.threerealmsyoga.com.au)  
[info@threerealmsyoga.com.au](mailto:info@threerealmsyoga.com.au)

## Course location

**The Intuitive Well** 1st Floor, 70 Bronte Rd Bondi Junction (opposite Bob Jane T-Marts)



Parking available at Westfield and Eastgate Shopping Centres. Street parking also available.

## Ayurvedic and Yogic Living Advanced Certificate Course



One year | commencing Wed 9 Feb 2011 | 4 modules

## Ayurvedic and Yogic Living Certificate Courses

Individual certificate courses

- Ayurveda for Self-Healing  
8 weeks | Wed 9 Feb – 30 Mar 2011 | 7.00 – 9.00 pm
- Cultivating Inner Stillness with Meditation  
8 weeks | Wed 4 May – 22 Jun 2011 | 7.00 – 9.00 pm
- The Yoga of Cooking and Nutrition  
8 weeks | Wed 27 Jul – 14 Sep 2011 | 7.00 – 9.00 pm
- Ayurvedic Psychology and Spiritual Practice  
8 weeks | Wed 19 Oct – 7 Dec 2011 | 7.00 – 9.00 pm



three realms yoga 

hatha yoga | relaxation | meditation | ayurveda

Courses you can taste, touch,  
smell, live and share

Ayurvedic and Yogic Living  
Create a Life you Love



Advanced Certificate and Certificate Courses 2011  
with Dr Shaun Matthews

## create a life you love

The one year Advanced Certificate course in Ayurvedic and Yogic Living is a recipe to create a life you love based on the ancient wisdom traditions and practices of Yoga and Ayurveda.

You will learn how to create and maintain more flow in your life, achieve a better work/life balance, be content and more spiritually fulfilled. You will connect with your innate healing abilities, support your intuition and manage your physical, mental and spiritual wellbeing.

Ayurveda and Yoga are sister sciences, Ayurveda is focused on healthy diet and lifestyle and Yoga on living in harmony with our essential nature. Both sciences take a holistic view of the human being. There are four key components to the course: self-healing, inner stillness, cooking and nutrition, and psychology and spiritual practices.

The course includes instructions in Vedic chanting, meditation, yogic breathing, gentle yoga postures, cooking, kitchen herb tastings, discussions, philosophy and psychology. It is not a practitioner training course. Its focus is on helping you develop the skills, awareness and confidence to create a life you love.

### CERTIFICATE OPTIONS

#### **Ayurvedic and Yogic Living Advanced Certificate Course** (one year)

Requires completion of all four modules and 80% attendance. Refer below for inclusions in each module.

#### **Certificate Courses** (eight week modules)

Each eight week module is complete in itself and can be taken on its own. 80% attendance is required. A comprehensive course notebook is included and simple homework exercises are given to help you blend the concepts into your daily life.

### COURSE FEES

Fee per eight week module: \$480

Fee for one-year Advanced Certificate Course: \$1820

**Early bird offer:** \$1720 if paid before 15 January 2011.

Miss the early bird? Bring a friend and receive the early bird price.

## Who should attend

- People wanting to more effectively nurture themselves in the context of a busy family life.
- Healthcare practitioners and yoga teachers wanting to extend, revitalise or renew their approach to healing themselves and others.
- Individuals wanting a greater connection to their bodymind and its wise messages.
- People with health issues wanting to enhance the self-healing process.

### MODULE 1

#### **Ayurveda for Self-Healing**

8 weeks | Wed 9 Feb – 30 Mar 2011 | 7.00 – 9.00 pm

Take control of your health and lifestyle. Discover your unique Ayurvedic body type and create vitality and better physical and mental health by modifying your diet, lifestyle and daily practises. This module includes experiential exercises, self-questionnaires, using sound in Vedic chanting, getting your hands into herbal and medicated oils, and exploring neti pots and tongue scraping.

### MODULE 2

#### **Cultivating Inner Stillness with Meditation**

8 weeks | Wed 4 May – 22 Jun 2011 | 7.00 – 9.00 pm

Experience the magic of adding that special ingredient of meditation into your daily mix. Cultivating inner stillness keeps you steady, grounded and open in a fast-paced world. You'll experience the benefits of good preparation using simple stretches and breathing exercises before exploring a range of meditation techniques including body awareness, (mantra) sound, visualisation and Vedic chanting.

### MODULE 3

#### **The Yoga of Cooking and Nutrition**

8 weeks | Wed 27 Jul – 14 Sep 2011 | 7.00 – 9.00 pm

Nourish yourself and feel content by using food, herbs and spices to balance your Ayurvedic body type and fuel your digestive fire (agni). Taste, smell and get busy in the kitchen with two nights of cooking and tasting. Relish the flavours of the six key 'tastes' of Ayurveda, collect the recipes and learn about holistic ways to detox.

### MODULE 4

#### **Ayurvedic Psychology and Spiritual Practice**

8 weeks | Wed 19 Oct – 7 Dec 2011 | 7.00 – 9.00 pm

Flow with life and live your life's purpose with an open heart, good company and the support of a home spiritual practice. Find your own path and walk it joyfully. Understand your Ayurvedic mental constitution, your shadow and how the dynamics of the universe bind it all together. Nurture your home spiritual practice with the warmth of candles, aromatherapy, incense and flowers.

## Course presenter



Dr Shaun Matthews is a medical practitioner who has also trained in Ayurveda and Yoga in India. Shaun is the founder and co-ordinator of the Ayurvedic Medicine Department at Nature Care College in Sydney and was on the organising committee for the Second International Ayurveda and Yoga conference held in Sydney in April 2009. His book *Journeys in Healing* was published in 2003 by Finch Publishing to critical acclaim. Shaun is in private practice at Bondi Road Doctors in Bondi Junction. Visit the website: [www.ayurvedichealing.com.au](http://www.ayurvedichealing.com.au)