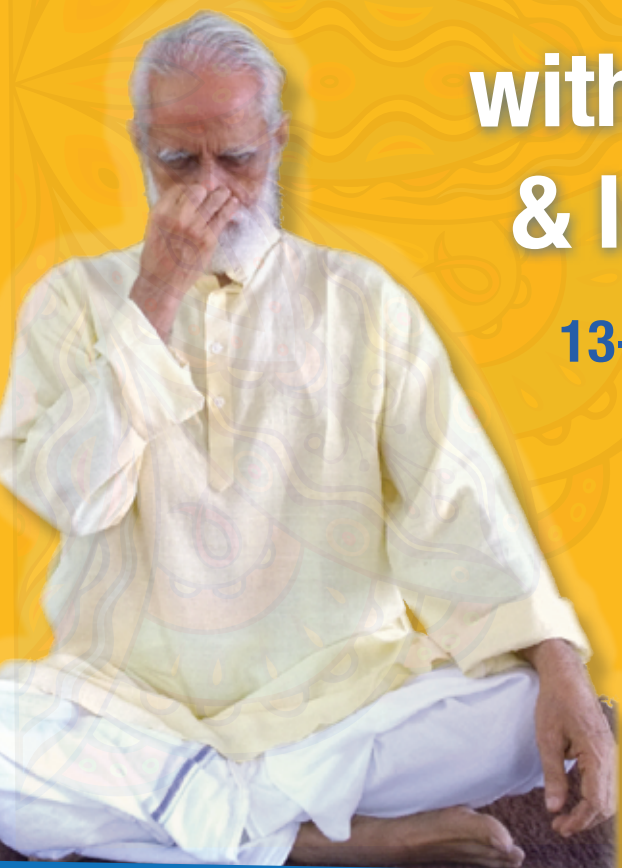


3 Day Retreat with the Mohans

Empowerment through Yoga

**with A.G. Mohan
& Indra Mohan**

13-15th March 2020



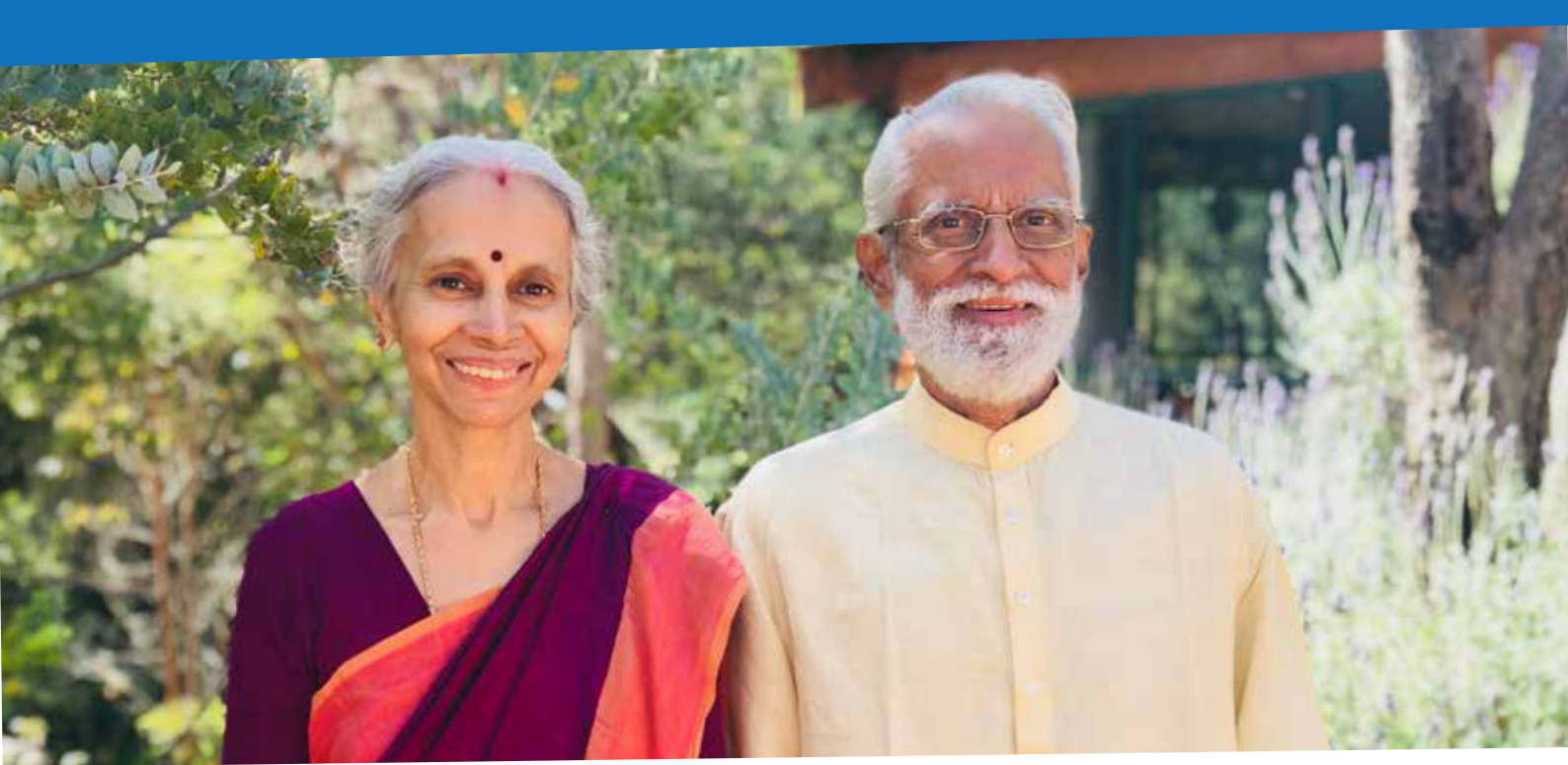
Perth, Australia 2020

Empowerment through Devotion Friday 13th March

Bhavana & Pranayama 14th + 15th March

@ Kookaburra Yoga, Perth, Australia

www.kookaburrayoga.com



3 day retreat with the Mohans in Australia

A unique long 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 Retreat is comprised of two components: **Empowerment through Devotion** (1 day), and **Pranayama & Bhavana** (2 days) to be held at the beautiful Kookaburra Yoga Retreat Centre in the Perth hills from Friday 13th March until Sunday 15th 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 Sutra 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 toward 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.

Friday 13th March
9.30am - 4.30pm



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 well-being 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 Sutra. 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.

Saturday 14th March 10am - 5pm

Sunday 15th March 9.30am - 4.30pm



program topics



Empowerment through Devotion - Friday

- I – the world – Isvara - Yoga perspective
- What is mind? What are the mental afflictions?
- What and why of devotion
- Devotion and Meditation - Why meditation with form is preferable
- Devotion and Self- surrender
- Cognizing, developing and nurturing the eternal caring companion (Isvara) in the heart
- Lotus - Suhrt kriya
- Meditation on great seers (Patanjali)
- Meditation on the Sun – Based on the Yogasutras

Empowerment through Pranayama and Bhavanas - Saturday & Sunday

- Pranayama – A health and longevity practice/ a life extension practice
- Bhavanas in asana
- How to develop sattvikata in the practice of pranayama
- Pranayama as yajna
- Use of mantras in pranayama
- Emotions and empowerment
- Yantras for emotional balance
- Yajnas for developing positive emotions and prevention of negative emotions

Svastha Yoga & Ayurveda is registered with Yoga Alliance as a teacher training school. Upon request you will be issued with a Certificate of Attendance you can use for your continuing professional development.



*A.G. Mohan with his guru Krishnamacharya at his centenary celebration 1988.
Indra Mohan receiving her Post-graduate diploma in yoga from the master.*

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 founded 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 study.

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



about the venue

The weekend program is to be held at the serene Kookaburra Creek Yoga Retreat Centre in Bedfordale in the hills of Perth, Western Australia. A wood and glass yoga studio built according to vastu shastra (vedic architectural principles) and on-site retreat centre nestled amongst the trees this is the perfect venue to immerse yourself in the teachings and program.

Kookaburra Creek is an ecofriendly venue and a working example of sustainability – run on solar, spring-fed water sources, with organic, vegetarian food gardens, and earth and animal friendly living spaces in harmony with the natural world.

You will enjoy being in the bush amongst the towering marri trees, home to red tailed cockatoos, kookaburras and owls. There are many native marsupials including kangaroos, and an abundance of frogs, lizards, bees and everything which contributes to a thriving ecosystem!

Meals Package

Our vegan chef will be on-site with daily offerings of incredible plant-based, gluten-free morning teas and lunches. You can request this option when booking. The cost is \$30 per day (includes morning tea and lunch). You'll need to request this option when booking.



South India retreats with the Mohans

Studying with A.G. Mohan and Indra Mohan is inspirational, and you may like to build on what you learn and experience during the weekend program by attending a longer retreat with the Mohans in India.

This is a wonderful opportunity to deepen your knowledge and experience of Pranayama, Bhavanas and the Devotional aspects of yoga during two 10 day retreats.

The Mohans will host these two 10 Day Retreats on the themes of Empowerment through Pranayama & Bhavanas (late 2020) and Empowerment through Devotion (early 2021) in a beautiful resort close to Chennai. This is an ideal place to relax and immerse yourself in the retreat program, as well as the culture and spirituality of India.

For more information about the Mohans' programs in India please see the Svatha Yoga & Ayurveda website, and also subscribe to their email newsletter (on their website) to receive notification of their upcoming programs and retreats.

The Mohans' programs are registered with Yoga Alliance, and are open to everyone - even those new to yoga. If you are a trainee teacher or an established teacher, you can request a Certificate of Attendance to use toward professional development points.

www.svatha.net



retreat program details

Dates & Times

Devotion Program: Friday 13th March 9.30am - 4.30pm

Pranayama & Bhavanas: Saturday 14th March 10am - 5pm

and Sunday 15th March 9.30am - 4.30pm

Prices

Book and pay by 1st February for early earlybird prices.

\$160 (earlybird) / \$175: 1 day only - Devotion (Friday)

\$320 (earlybird) / \$350: 2 days - Pranayama & Bhavanas (Sat & Sun)

\$480 (earlybird) / \$525: 3 Day Program (Fri - Sunday)

\$90 Meals Package Option (for non-residential attendees)

Booking Information

Please book online www.kookaburrayoga.com/programs. To confirm your booking you will need to pay the program fee to reserve your space.

Travel

Kookaburra Yoga Centre is located at 210 Carradine Rd, Bedfordale WA and is less than 50 minutes from Perth CBD, and 20 minutes from Perth International Airport.

