



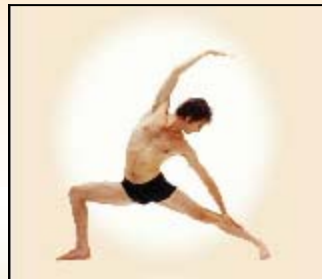
Chandra Yoga Shala

WELCOME TO CHANDRA YOGA SHALA

The Sakshin Ghatastha (suk-shin ga-tush-ta) yoga is a carefully prepared program of dynamic and fluid movements which balances all systems of the body to achieve deep physical and mental harmony.

The Sakshin Ghatastha sequences are specifically designed to progressively lead the beginner from basic techniques through to advanced practice. The application of this method develops a sound understanding of yoga and emphasises grace, muscular discipline, respiratory regulation and mental stillness. Through this application, with focus on the individual's needs and correct techniques in breathing and posture, the Sakshin Ghatastha sequences promote overall health, strength and flexibility and stimulate awareness.

Sakshin Ghatastha Yoga works on allowing the natural abilities of the body to unfold through a flowing sequence of asana tuned with the breath. Conscious breathing links our voluntary and involuntary systems and helps to create a centre of awareness in the individual. When the yoga asana is performed in specific sequence, vital energy is increased and directed throughout the body. This process builds internal heat and stimulates the body to remove impurities and physical, psychological and emotional blockages in the body.



Ultimately, by cultivating awareness through specific breathing and movement techniques combined with a loose and natural attitude, the practitioner enters meditation. Meditation brings clarity to the mind and develops the consciousness.

TEACHERS

Originating from diverse backgrounds, both Dale and Renae bring aspects of their previous experience to their teaching.

Born in Torquay, Dale is a passionate surfer and has an extensive history in the surf industry. Dale's discovery of yoga started in 1997 where he attended the Surfcoast Yoga School for the rehabilitation of a knee reconstruction. A yearning for a deeper understanding of the yogic path lead Dale to the teachings of Sw. Jivan Prahlad at the Yoga Arts Academy, where he later began his teaching apprenticeship.

Renae, originally from Cairns, came to Melbourne to explore the fine arts and has a background in art teaching and art therapy. Renae first began studying at the Yoga Arts Academy when she was nineteen. Her interest in the deeper understandings of yoga grew through the teachings of Sw. Jivan Prahlad and inspired her to study further as an apprentice teacher.



After a one year period of dedication to daily practice under Sw. Jivan Prahlad, Dale

Sandwith and Renae Stevens were accepted into the three year teaching apprenticeship at the Yoga Arts Academy, Melbourne. During this time Dale and Renae have been involved in courses, workshops and weekly classes at the academy. Their intensive training has been focused on teaching from experience with emphasis on daily

morning and afternoon yoga practice covering in detail the technical aspects of asana, pranayama and meditation.

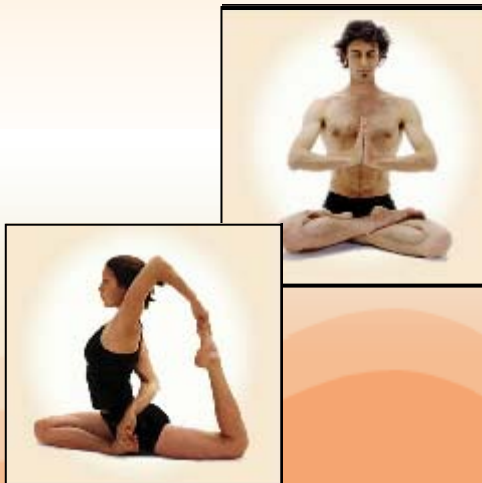
The apprenticeship also involved three years working closely with Sw. Jivan Prahlad teaching individualised tuition sessions each morning and evening at the Yoga Arts Academy. This extensive experiential training has given Dale and Renae strong foundations in the practical application of yoga and how this assists the physical, psychological and emotional needs of the individual. Dale and Renae have also studied the ancient yogic texts and aspects of yogic anatomy with Sw. Jivan Prahlad.

Dale and Renae are newly established as Chandra Yoga Shala, a young, fresh partnership providing professional, attentive yoga tuition in the Sakshin Ghatastha style at venues in Melbourne CBD and surrounding areas.

CLASSES AND LOCATION

ON-SITE YOGA CLASSES FOR CORPORATE CLIENTS

Chandra Yoga Shala's on-site corporate yoga classes provide an option for the busy professional. These classes are generally conducted during lunch breaks or after hours in a suitable room on the corporate premises. The sessions can be one hour to ninety minutes in duration and are designed to revitalise the body, relieve stress and relax the mind. The classes teach the individual techniques to release tension and efficiently use and access the vital energy of the body. This assists the individual in optimising their potential in their daily commitments. Classes are run with a minimum of six participants and priced at \$14 per person for one hour session and \$16 per person for a ninety minute session.



YOGA CLASSES IN HEALTH AND FITNESS CLUBS

Chandra Yoga Shala provides tuition on a sessional contract basis to Health Clubs and Gyms. These classes are designed to cater for all levels and balance the individual's strength and flexibility. Rather than concentrating on single parts of the body at a time, yoga develops awareness of the body's movement and abilities as a whole unit. As a result, performance in all other physical activities is enhanced.

COURSE/ WORKSHOPS

Courses and workshops cater for varying levels of experience and are implemented to guide the practitioner into deeper understanding of the yoga. A specific sequence is taught in detail, covering aspects of asana technique, pranayama, mudras and meditation.

Courses are held at
The Yoga Arts Academy
Levels 1 & 2
382 Little Collins Street
Melbourne Vic 3000
(03) 9670 2997

PRIVATE TUITION

Private Tuition is available for the individual interested in developing a personal practice and is open to beginners through to advanced. A



sequence specific to the individual will be taught on a one-to-one basis to refine technique and address imbalances in the mechanics and energetics of the body. Private tuition assists in

developing a daily practice that balances the internal and external workings of the yoga to support the nervous system. Individual responsibility is essential in learning the sequences to build a strong foundation for personal development.

A daily practice sensitive to the body's changing needs opens the path for a deeper understanding of the subtle aspects of yoga.

CONTACT

For more information or bookings with Chandra Yoga Shala contact us on:

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