



Loving the Life you Live

embracing sacred wisdom in everyday life

This course is designed to help you integrate the essence of the sacred traditions of India into your everyday life. It is based around six fundamental principles that will support you in loving the life you live. Each evening we will focus on one of these principles and how to embrace it in practical ways from day to day.

During the course there will be instruction in numerous experiential exercises - including Vedic chanting, meditation, yogic breathing, asana, self-reflective processes and discussion - allowing for a deeper level of assimilation of the theory presented. There will also be specific homework to help support you in integrating this knowledge into the context of your life.



Course presenter

Dr Shaun Matthews has been exploring and living the ancient wisdom traditions of India for over 25 years and has trained in Ayurveda, India's traditional system of healing, and Yoga in India. He has also trained in Astrology and Vaastu, Indian Feng Shui. Shaun is the founder and co-ordinator of the Ayurvedic Medicine Department at Nature Care College and works in private practice at Bondi Road Doctors where he integrates these healing approaches in his work as a doctor. His book *Journeys in Healing* was published in 2003 by Finch Publishing to critical acclaim.

Visit the website at: www.ayurvedichealing.com.au

Benefits

- Develop clarity about your life purpose and how to support it.
- Learn techniques to enhance your enjoyment of each day.
- Discover how to connect with a more intuitive approach to living.
- Learn ways to stay more connected to yourself and the people that matter to you.

Who should attend

- Individuals wanting to live into their full potential and wishing to experience new levels of awareness in their daily life.
- People with health issues wanting to facilitate the self-healing process.
- Health care practitioners wanting to recharge and renew themselves.
- People wanting practical tools to help them deal with the demands of their current life situation.

Investment

The cost of the course is \$440

early bird \$390 - book and pay before 9 Aug 2010

book-in a friend save \$25 each - for bookings from 10 Aug 2010. Missed the early bird offer? Book for yourself and a friend and each receive \$25 off the course cost.

Inclusions: *Meditations for Healing and Deep Relaxation* CD produced by Dr Matthews and a copy of his book *Journeys in Healing*. Course notes and workbook also included. You will also be given a print out of your birthchart for use on the second night of the course.

Week 1 Creating your Heart's Intention

Sankalpa or healing resolve has been used in the meditative traditions of India to support the process of living into our wholeness as human beings. Using coloured pencils and sheets of paper, you will be guided through a process whereby you create a vision for yourself that encompasses all the different aspects of your life. The evening will also focus on how to utilise your intuition to support you in manifesting your heart's intention.

Week 2 Living in tune with the Sun, the Moon and the Stars

The ancient world was intimately connected into the rhythms of life in nature. In order to find the path through life that is best suited to our uniqueness as a human being, astrology is a wonderful tool. Our personal dharma is a call to actualise our full potential. By being more mindful of the energies of our birthchart we can enrich our daily experience and get a clearer sense of our direction in life.

Week 3 Sacred Ritual

This evening will focus on how to bring the sacred dimension into your work and home life through simple rituals that connect you to your heart and the timeless dimension of life. We will look at how to cultivate simple practices that help you stay more relaxed, calm and accepting of yourself and others. You will create for yourself a routine that inspires you and will help you to best meet the demands of your current life situation.

Week 4 Nourishing your Self

Drawing from Ayurveda and Yoga, this evening will focus on improving your nutrition and digestion through looking at what and how you eat. Ayurveda sees food as energy and uses it to balance our health and to create a feeling of wellbeing. There will be discussion of the role of kitchen herbs as well as quick and easy recipes that can be incorporated into a busy, modern lifestyle.

Week 5 Caring for your Bodymind

In the sacred traditions the human body is seen as wise, an important source of timeless knowledge. Knowledge that can help us stay connected to ourselves and others. We will look at simple yoga postures and breathing practices to enliven the body and to keep us grounded. You will receive instruction in the use of marma (vital energy) points in self-massage and padabhyanga or foot massage.

Week 6 Sacred Relationship and Community

This evening we will look at cultivating relationships with our partners, family and friends that are nurturing to the soul and offer true intimacy. Our focus will be on how to nurture more compassionate ways of relating to each other through the quality of our listening and through acknowledgement of the people in our lives. We will also look at practical ways of creating sangha or spiritual community in a contemporary setting.

Course dates

Thu 2 Sep - Thu 7 Oct | 7.00pm - 9.00pm

Ayurvedic teas and chai will be served

how to book for courses and workshops

Spaces for workshops and courses are limited.

Book early to avoid disappointment.

See overleaf for details on how to book.

three realms yoga



space for yourself



Level 1, 443 Oxford Street
Paddington NSW 2021
T: 02 9361 3993
www.threerealmsyoga.com.au
info@threerealmsyoga.com.au

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with Dr Shaun Matthews

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book in person at the studio - Level 1, 443 Oxford St
Cash, Cheque, EFTPOS, Visa and Mastercard accepted.

book by phone 02 9361 3993

Have your credit card details ready. Leave a message if the phone is unattended. We will confirm your booking with you.

book by email to info@threerealmsyoga.com.au
Include your workshop name and date and a contact number.

book online at www.threerealmsyoga.com.au
Visit the website. Online bookings available 2010.

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space for yourself

experience a new space - a space for yourself

About the venue

At three realms yoga, everything we do...we do with love, with knowledge and with presence.

We offer workshops and courses as well as appropriate hatha yoga practice to suit your physical, mental and spiritual needs.

With our support and guidance, explore yoga beyond the physical realm and experience a calm, restful mind and a contented stillness.

We are located at Level 1, 443 Oxford Street Paddington
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