

# donna farhi

20<sup>TH</sup> - 24<sup>TH</sup> NOVEMBER 2015 AUCKLAND

## The Heart Aroused

### A Yoga Intensive with Donna Farhi

with guest artists Joan Miller (Kirtan) and Prabhu Osoniqs (Hang Musician)

"Working with Donna is like deep sea diving ... being invited to access a deeper, more subterranean part of myself that I'm not used to spending time in. Slowing down, diving in and really allowing myself to ask questions about my physical, mental and emotional state of being." ~ **Emily Buttle, Sydney**

"A Donna Odyssey. Food for every cell of the body." ~ **Mathew Bergan, London**

"I cannot emphasize enough the suspended atmosphere created by both the kirtan and the musical accompaniment. Prabhu's music was magical and mesmerizing. Joan Miller's voice a joy." ~ **Meagan Kelly, Christchurch**

Each of us has a dharmic path that when followed with commitment and tenacity leads us to the awakening of our fullest potential. How do we reconnect with this larger vision of our self? In this intensive we will explore ways of connecting with our deepest heart's desire; using the practice of Yoga to bring clarity and courage to the journey.

A special emphasis of this intensive will be on learning to open to our personal experience of heart-felt-ness – in the physical body as well as energetically, emotionally, and spiritually. Assisted by kirtan artist Joan Miller, and guided by the mesmerizing sound orchestration of Prabhu Osoniqs, we'll learn to gently relax and open the heart, reawakening our capacity for joyfulness and wonder. As we deepen into our heart's intelligence we may also encounter our strongest feelings and emotions. For this reason we will begin the intensive by learning to center and ground ourselves from the animal intelligence of the belly so that the heart, head and belly form a balanced "trilogy of intelligence."

A special feature of this intensive will be an anatomical exploration of the heart, lungs and chest, using the truth of our anatomy as an entry point into this often unexplored inner territory. To facilitate this understanding Donna will present several new PowerPoint presentations. We will also dive deep into the practice of Yoga Nidra\* using the practice to navigate the terrain of our deepest beliefs, emotions and dreams.

**Donna Farhi** is a Yoga teacher who has been practicing for 35 years and teaching since 1982. She is one of the most sought after guest teachers in the world, leading intensives and teacher training programs internationally. Donna is best known for her unique ability to help students and teachers embody their spiritual practice. Her work focuses on the refinement of natural and universal movement principles that underlie all Yoga practice. This concentration on fundamental principles allows student of all levels of experience and from all traditions to build their own authentic Yoga practice. Considered the "teacher of teachers", students return to Donna's intensives again and again to be a part of the inspiring evolution of Donna's own practice and teaching.

Donna has been the asana columnist for both Yoga Journal and Yoga International Magazine (U.S.A.), and has been profiled in four separate publications on exceptional contemporary teachers of our time, including *Yogini: The Power of Women in Yoga*. Donna is the author of the contemporary classics, *The Breathing Book*, *Yoga Mind, Body & Spirit: A Return to Wholeness* and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is used as a curricular text in teacher training programs worldwide. American born, Donna now lives on a 30-acre farm in Christchurch, New Zealand where she pursues her passionate study of dressage and horsemanship.



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## Workshop Content

Each day will consist of two classes. Practices will include sitting meditation, lecture discussion, kirtan (chanting), guided movement inquiry and a diverse range of active asana practice as well as Restorative yoga and the practice of Yoga Nidra\*. This intensive is suitable for anyone with at least one years consistent Yoga experience up to teacher level. No partial attendance will be allowed for this intensive.

\*Yoga Nidra is an ancient Tantric practice in which profound states of relaxation open us to the nature of the true Self.

## Workshop Schedule

Friday 20th November, 6.00pm - 8.00pm

Saturday 21st November - Tuesday 24th November,  
9.30am - 12.30 pm and 2.00pm - 4.30 pm (each day)

Please note:

- There will be no partial enrolment for this intensive.
- Class numbers will be limited for this engagement.
- Depending on numbers Donna will have at least four experienced teaching assistants to help participants integrate the material.

## Our Venue

Titirangi War Memorial Hall  
500 South Titirangi Road, Titirangi, Auckland 0604

## Fees

Early Bird: \$595 if fully paid by 1st September 2015

Normal Fee: \$645

A deposit of \$150 is required at registration to secure a place.  
The balance (or the full fee) is due no later than 28 Sept, 2015.  
The tuition for this event is slightly higher to reflect the costs of bringing two very special guest artists from Australia.

## Cancellation Policy

Cancellations on or before 28th September 2015 will be refunded minus a \$50.00 administrative fee. Cancellations after 28th September 2015 will only be refunded if your place can be filled from the waitlist. Note: The venue and dates are subject to change.

## What to Bring

Yoga mat, belt, block, 3 blankets, 1 bath towel.  
1 wash cloth and a bolster (if you have one).  
A bag lunch each day (optional). There are cafes nearby the venue.

## For More Information and to Register

Bookings and registration via the Sacred Moves website:

**[www.sacredmoves.com](http://www.sacredmoves.com)**

(You may pay via Internet Banking or Credit Card or PayPal)

Contact: Neal Ghoshal

Email: [info@sacredmoves.com](mailto:info@sacredmoves.com); Phone: (09) 372 7650

Or send the completed form below to:

Neal Ghoshal

69 Makora Avenue, Waiheke Island, New Zealand 1081



## Registration for the Donna Farhi Auckland Workshop, 20<sup>th</sup> til 24<sup>th</sup> November 2015

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

Please indicate if you have any physical injuries or health conditions that may affect your participation.  
(Feel free to attach a separate sheet.)

I have enclosed a deposit cheque of \$150.00.

I have enclosed a cheque for the balance of payments.

I will pay by Internet Banking / Credit Card / PayPal via the website: **[www.sacredmoves.com](http://www.sacredmoves.com)**

Full details for paying are available on the website.

For internet banking, once you have completed the online form, you will be emailed the payment details.

Signature \_\_\_\_\_ Date \_\_\_\_\_