



## YOGA SCHEDULE - SUMMER 2010

Teachers and Therapists can be subject to change, please check before your holiday

Programme	Teacher	Massage Therapists	Start Date	End Date	Cost Per Week
Dhamma Yoga	<a href="#">Mithila Ubayasekara,</a>	Padma Nair, Eric Kelley,	13th Jun	27th Jun	\$1,250 Per Person
Astanga Vinyasa Yoga	<a href="#">Alistair Francis &amp; Nicole Griffin,</a>	Padma Nair, Eric Kelley,	27th Jun	11th Jul	\$1,250 Per Person
Dynamic Vinyasa Flow Yoga	<a href="#">Sam Cunningham,</a>	Padma Nair, Eric Kelley,	11th Jul	25th Jul	\$1,250 Per Person
Hatha Yoga	<a href="#">Sarah Smith,</a>	Padma Nair, Erin Kostanski,	25th Jul	8th Aug	\$1,250 Per Person
Anusara Yoga	<a href="#">Rajeev Kahn,</a>	Padma Nair, Erin Kostanski,	8th Aug	29th Aug	\$1,250 Per Person



## YOGA SCHEDULE - WINTER 2010/2011

Teachers and Therapists can be subject to change, please check before your holiday

Programme	Teacher	Massage Therapists	Start Date	End Date	Cost Per Week
Mindfulness and Yoga Retreat	<a href="#">Ven. Yogavacara Rahula - *Special group. Click here for details.</a>	Erin Kostanski, Eric Kelley,	7th Nov	21st Nov	\$1,250 per person
Arkayoga (Classical Mindful Yoga)	<a href="#">Maitreyi.</a>	Erin Kostanski, Eric Kelley,	21st Nov	5th Dec	\$1,250 per person
Fluid Hatha Yoga	<a href="#">Deepa Moodgal,</a>	Erin Kostanski, Eric Kelley,	5th Dec	19th Dec	\$1,250 per person
Hatha Vinyasa Flow Yoga	<a href="#">Nigel Gilderson.</a>	Erin Kostanski, Eric Kelley,	19th Dec	2nd Jan	\$1,500 per person
Dynamic Hatha Yoga and Pranayama Intensive	<a href="#">Stephen Thomas,</a>	Ying Li, Eric Kelley,	2nd Jan	16th Jan	\$1,250 per person
Closed Group	<a href="#">Stephen Thomas,</a>	Louise Dixon, Eric Kelley,	16th Jan	30th Jan	Closed Group
Iyengar Yoga	<a href="#">Lorraine McConnon,</a>	Louise Dixon, Vicky Bourboula,	30th Jan	13th Feb	\$1,250 per person
Vinyasa Flow Yoga	<a href="#">Mika,</a>	Thomas Goodwin,	13th Feb	27th Feb	\$1,250 per person



Hatha Yoga	<a href="#">Rachel Auburn,</a>	Nadav Arad,	27th Feb	13th Mar	\$1,250 per person
Anusara Yoga	<a href="#">Bo &amp; Shirley Shrey,</a>	Nadav Arad,	13th Mar	27th Mar	\$1,250 per person
Closed Group	<a href="#">Katy Appleton,</a>	Nadav Arad,	27th Mar	3rd Apr	Closed Group

## TEACHERS AND THERAPISTS BIOGRAPHY

### Gingi Lee

Gingi Lee's teaching philosophy is to inform and enable his students to benefit from a regular astanga vinyasa practice. He is a very open-minded and generous teacher believing that yoga is a living, growing knowledge that evolves throughout our life. Developing the meditative and spiritual side of yoga, students will benefit from his years of study and self-practice in this area.

From an early age, Gingi began his Tai Chi studies under the tutelage of his father, Sensei Richard Taibong Lee. Since the early 1990's, through his meeting and studying with Derek Ireland, Gingi has dedicated himself to the astanga vinyasa practice.

Gingi Lee is the Director of the Shala Yoga Centre in South London where Astanga Vinyasa, Restorative Moon practice, Birthlight Yoga for Pregnancy, Kids and Baby classes are held. The teachers at the Shala all share a deep love and respect for yoga which comes through their passion for sharing their knowledge with the students at the centre.

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### Edward Clark

Mr. Clark began studying yoga in 1979. Noteworthy among his teachers are Narayani and Giris Rabinovitch, but he confesses huge admiration for the Ashtanga Vinyasa, Sivananda, Iyengar and Viniyoga practices. The technique Tripsichore uses is a synthesis of many aspects of yoga. Tripsichore Yoga Theatre have thrilled audiences around the globe and have been hailed as some of the most innovative practitioners of vinyasa yoga. Tripsichore is about to reveal some of the secrets of their technique. Sequestered in their studio in London, England, the company has worked daily for the past 10 years to devise and refine yoga techniques of asana, pranayama, pratyahara, dharana, and dhyana, making excursions



out to perform their creations to audiences worldwide.. Until now, their techniques have only been taught to a very few.

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### **Angus Ford-Robertson**

Angus Ford-Robertson is a Yoga teacher and therapist. He has been teaching Hatha yoga worldwide for six years.

His contemporary and philosophical style draws on many diverse teachings including Sivananda, Iyengar, Scaravelli, Schiffman and some more dynamic disciplines. His practice is based on experience rather than theory; and is supported by a deep personal understanding of the healing process. His passion for yoga is in leading students to discover their stillness within.

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### **Nigel Gilderson**

Nigel Gilderson's teaching has evolved over the years and incorporates a blend of many yoga styles, with influences from tai chi and shadow yoga and Alexander technique; integrating the celebration of the heart, universal principles of alignment, and balanced energetic action in the performance of asana. Each student's abilities and limitations are deeply respected and honored. The practice builds strength, flexibility, and stamina as well as bringing awareness to the internal; creating, capturing and cultivating energy.

Students move from one posture to another in a continual flow and link movements to breath. The use of vinyasa enables the natural progression from one asana to another with a sense of ease and fluidity, ending in a deep and peaceful relaxation.

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### **Annoushka Hempel**

"Yoga trains the body, mind and soul to allow us entry into the magic world of inner meditation. Through the intense practice of Yoga Kriyas: postures combined with specific breath awareness including Mantra, the cells of the body are invigorated, electrified...made alive. As each student of yoga is gently pushed to find their 'edge' and work that limit within themselves, the chattering of the mind gently ceases as the senses and intellect move



inwards through the skin, muscle and bone – to reach that place of no name; to attain strength, peace, centeredness and self-awareness ‘the inner sanctum’. Beginners and advanced students alike will be gently pushed to ultimately challenge themselves, through friendly and specific guidance culminating in a deeper understanding of the hows and whys of yoga... and the peacefulness that is the fruit of a fulfilling practice.” Anand Kaur/Annoushka Hempel

Annoushka first met yoga in 1987 exploring the teachings of Sivananda, Iyengar and Astanga Yoga. After 13 years of training in Asana practice she was introduced to the world of Kundalini Yoga. After becoming a certified teacher of Kundalini Yoga and Meditation with training in Spiritual Counselling, Annoushka opened her first Yoga Studio in London in 2000. In 2003 she moved to Sri Lanka and opened a Yoga Studio in Galle. Following the tsunami she moved to Colombo and she continues to explore the world of Asanas and Kundalini.

Annoushka’s yoga retreats incorporate asana practice in the mornings and Kundalini in the afternoons, using the posture practice in the mornings to prepare the body for the deep internally transformative work in the afternoons.

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### **Heather Elton**

Heather Elton teaches Astanga Vinyasa Yoga and Dynamic Hatha Flow in London and on international workshops. She began practising Hatha Yoga in 1986. She has studied with Edward Clark and completed the Tripsichore Yoga Theatre Teacher Training (2002); Richard Freeman Teacher Training (2004); and has studied the Astanga Primary and Intermediate series adjustments with Nancy Gilgoff in Maui, Prague, Ireland and Goa. She also assisted Nancy during the Oxford Adjustment Clinic 2004. She has studied Astanga with Sri K Pattabhi Jois, John Scott, David Swenson, Matthew Sweeney, and does a regular practice at Ashtanga Yoga London. David Life and Sharon Gannon (Jivamukti Studios) in New York also are important teachers.

Heather Elton is a certified member of the Yoga Alliance (USA) 500 R.Y.T. She is also a Shamanic and Reiki practitioner.

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### **Georgia Marnham**

Georgia Marnham is a qualified Iyengar Yoga teacher with broad experience, having practised Iyengar Yoga for over 15 years, while



teaching in Australia, England and South Africa. She has studied with senior Iyengar teachers from many countries and in 2006 she spent a month in Pune, India at the RMYI with 80 other teachers from around the world for more advanced learning with the founder, BKS Iyengar, his daughter, Geeta and son, Prashant.

Georgia knows first hand the ability of yoga to rehabilitate and has a strong focus on the restorative and remedial benefits of Iyengar Yoga. She uses a clear and calm style of teaching with an emphasis on poses that reflect the individual needs of each student. Classes will make use of a variety of props allowing correct alignment within the pose, so that the body feels energised and not strained, which is the hallmark of the Iyengar style.

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### **Stephen Thomas**

Stephen Thomas studies and teaches a dynamic asana practice rooted in the Ashtanga yoga method. He shares his love for the philosophy of yoga, the science of breath and the intensity of physical transformation and weaves it together into his practice. "Through this practice we access the wisdom of yoga and the intelligence of prana and bring it into our everyday life." On retreat, Stephen teaches asana in a manner that is playful, spiritual and physical. He also teaches pranayama and investigates Patanjali's Yoga Sutras and their relationship to life on and off the mat.

Stephen currently resides and teaches in Asia. He has studied in India, Thailand and his native Canada.

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### **Jean Hall**

Jean's classes deeply integrate alignment of the Iyengar Yoga style with the flow of the Astanga Vinyasa Yoga Series to focus, release & energise body & mind. She also incorporates pranayama (breathing technique), meditation & yoga nidra (yoga relaxation & sleep).

She personally has been practicing yoga for 19 years, and initially started the practice as a complimentary training to her profession as a performer & dance artist.

In 1995 she became a qualified Iyengar yoga teacher & since has continued to study other yoga forms in India (Sivananda in Kerela, Astanga with Pattahbi Jois in Mysore) & here in London.

She now teaches in London & internationally, running & teaching yoga retreats in places of natural beauty. Her pupils are of all levels, beginners



to advanced to learning difficulties.

With a Masters Degree in Performing Arts & her indepth dance & broad yoga experience she draws on her diverse background to share & teach the gift of yoga.

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### **Allan Mourad**

Allan Mourad has over 20 years of experience as a therapist and has developed an innovative technique to treat musculoskeletal injuries and illness called Myotherapy - a holistic and restorative treatment using therapeutic massage in combination with gentle yoga stretches, producing a powerful healing effect, eliminating pain and restoring movement. Myotherapy works on drawing the deepest and most problematic muscles to the surface by massaging them while stretched. It also focuses on the fascia, the most abundant tissue in the body. Any breakdown of the fascial system due to trauma, posture, or inflammation can cause abnormal pressure on nerves, muscles, bones and circulation. Myotherapy encourages the body's innate restorative powers by improving circulation and restoring the soft tissue integrity and balance of the body. Allan is committed to helping people to transform their lives and move towards improved health and well-being. Apart from operating a successful practice on the Gold Coast, his involvement in some of Australia's leading health retreats spans almost 12 years. He currently works at a new lifestyle retreat called Gwinganna. He practises yoga daily, and also tutors human anatomy at Griffith University on the Gold Coast.

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### **Paul Harrold**

Paul Harrold studied massage with Australia's leading Ka Huna Institute and has continued with them to become a facilitator and teacher. He operates his own private practice and currently treats people at Camp Eden - Australia's leading Wholistic Health Retreat. He has a passion for massage and teaching and loves holding sacred space for clients and groups of people. Recently he has discovered the benefits of a dedicated yoga practice.

Paul's dedication to bodywork goes beyond technique. He practises sacred table treatments incorporating the rythmn and flow of Ka Huna and the deep cleansing ritual of Heartworks Lomi Lomi, both originating in Hawaii. He also specializes in dynamic floor treatments which combine Polynesian Floorwork and Thai massage. His use of sound healing through voice and prayer creates sacred and loving space in which clients are invited to explore their physical, emotional and energetic body.





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### **Padma Nair**

Chavitti Thirummal is an authentic traditional massage that has been handed down through generations of Padma Nair's family. It originates from her ancestral homeland of Kerala, South India and Padma herself began to learn massage at the tender age of 10 from her grandmother Saraswasti Amma, a well-known healer. Living and growing up in Kerala, Padma has always been surrounded by Ayurvedic, herbal and yoga traditions, which are a natural part of her makeup. She has studied philosophy, psychology and is an advanced Sivananda Yoga instructor. Her years of experience and intimate knowledge of the body and mind has allowed the evolution of Padma's original style of massage. She has developed the ability to incorporate her family's healing traditions and also combining influences of her inspiring teachers she has had throughout her life. She is one of the world's most experienced practitioners and teachers of this ancient art and is responsible for training countless students since 1990.

She has a Guest House and Massage Training Centre in Kovalam Beach, Trivandrum, Kerala, India.

[www.thekarmaworld.com](http://www.thekarmaworld.com) and you can find details about her massage training at [www.yogashala.in](http://www.yogashala.in)

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### **Beth Cooper**

Beth has been a therapist at Ulpotha for several years now, practising Ayurvedic massage, Reflexology and Cranio-Sacral therapy. Her visits to Sri Lanka have often been coupled with time spent in India, where she trains with her teacher in Ayurvedic medicine/massage/pancha karma.

She is a dedicated yogini and has been inspired by the many wonderful teachers she has had the good fortune to work alongside at Ulpotha. Last year she qualified as a yoga teacher with one of these teachers (Stephen Thomas) in Taiwan.

She presently works in the London/Brighton area as a therapist and yoga teacher.

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### **Gill Croft**

Gill practises Shiatsu, Tuina, Acupuncture and Reiki. Having taught Shiatsu and Chi Gong for The European Shiatsu School since 1993, Gill has worked





with some of the most powerful and respected teachers, and created courses for retreat settings, Healing Camps and intensive 10 day bodywork courses in Europe, India, and the UK.

Gill combines treatments to suit each client, according to which mediums are most appropriate, from the gentlest Reiki touch to full-on meridian stretches, cross fibre techniques and skeletal realignments. While working in Rehab, she has devised group setting Chi Gong and Ear Acupuncture sessions, which are especially beneficial to those clients who may be suffering from jet lag. When in the UK Gill lives and practises in West London.

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### **Rebecca Hayes**

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### **Florence Dugowson**

#### **Massage**

Florence Dugowson began training with the internationally-renowned Ayurvedic specialist Kiran Vyas, creator of the first Ayurvedic centre in France, in 1989. Having worked with him for many years, she is fully qualified in Ayurvedic massage, including Panchakarma, and has completed post-graduate studies in Ayurveda and pregnancy massage.

Flo has also studied reflexology and zero-balancing in England. Her practice includes both modality-specific treatments and a fusion of these three influences. She has been visiting and working at Ulpotha for ten years, exchanging knowledge and techniques with local practitioners. She is very much a part of Ulpotha.

#### **Yoga**

Flo is also a qualified yoga instructor. Originally trained by Gerard Arnaud in Paris, she has broadened her knowledge of different yoga styles through first-hand experience of the various disciplines taught by the many teachers who have worked at Ulpotha over the years. She has also completed another teacher training in Mysore, India.

Flo teaches in Paris, mainly on a one-to-one basis and to small groups. As a bodyworker she feels it is important to keep her eyes and hands on her students. She adapts her class intensity to students' needs and embraces the wide range of practices that yoga offers, from dynamic Vinyasa flow to the stillness of Yoga Nidra, Pranayama, and meditation. She uses Iyengar as the basis for her flowing breath-driven yoga which connects both to the



inner self and to yogic principles. Interested in the link between the Ayurvedic system and yoga, Flo explores the therapeutic effects of a practice lived from within, using the breath as a tool through the Nadis to create movement where energy and matter have become stagnant. She enjoys teaching yoga as a pleasurable and liberating healer of body and soul.

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### **Diane Hudock**

Diane Hudock is known for her eclectic style of teaching and hands-on approach that brings together the expansive and healing principles of Anusara, and the power of Ashtanga within a spontaneous, flowing Vinyasa practice. She has developed her own unique philosophy for the multi-dimensional beings that we are: do a consciously challenging practice that brings you out of your comfort zone, in order to remove fear, expand the mind, and create the greatest freedom in the physical body. Diane has trained extensively in many schools of yoga, and has been leading workshops and classes for eight years incorporating her knowledge and wisdom in energetic medicine, body-work, and female empowerment. She has been a contributing writer to various yoga publications with her teachings on: unleashing creativity through yoga, using the tools of yoga to break through fear and create the life you want, and ultimate transformation. Her students have included many world-class athletes, Fortune 500 CEO's, and celebrities. She credits the transformative teachings of John Friend, Noah Maze, and Anthony Benedati, for shaping her craft and enriching the path. Diane lives in Los Angeles, California.

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### **Anoushka Pletts**

Anoushka has a strong Sivananda foundation but since qualifying three years ago she has undergone intensive training to explore her own beliefs of yoga as a human movement system. She has been taught by Shiva Rea, Suzy Daw and Jane Farrimond, all of whom have provided different takes on possible yoga approaches. She has then synthesised this knowledge which is currently imbedded with other schools of human movement such as Dahn Yoga to create her own unique and eclectic solution.

Within her eclectic mix, she has developed a unique approach to the postures by working closely with personal trainer Tom Marien of One Personal Training, Steve Clifford of Pulsing Massage and through reading



about the different approaches to static vs. dynamic stretching. This physiological and anatomical knowledge has enabled her to create an approach based on 'isolated ballistic and dynamic movements' which through regular use transforms the body's flexibility beyond any human movement solution she has ever worked with.

#### Class Structure:

Anoushka uses themes at the start of every class to give her students a tangible journey. Each class then revolves around the theme to demonstrate the versatility of yoga as a means of raising consciousness both in body and mind. She engages the mind by gently introducing theory and psychological tools to deepen the understanding obtained through the physical body. One can expect to see flip charts in her classes yet this does not leave you feeling baffled but rather enlightened given her ability to simplify theoretical reasoning. This is the intelligent answer to yoga made accessible to everyone. She ends her classes with reflective goal setting when the mind /body connection is at it's strongest so individuals can start to identify what it is that really matters in their life.

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#### **Sandra Callender**

Sandra Callender is an artist at heart. Her passion for the creative is inspired by 15 years of study and teaching in the healing art and science of yoga. A former resident and Programme Director at the Kripalu Center for Yoga and Health in Lenox, Massachusetts, Sandra taught yoga and self-growth programs in addition to training aspiring yoga teachers. Her love of yoga has prompted her to study with master teachers, including a year of study in Florence, Italy where she explored the work of Vanda Scaravelli. Sandra's teaching style encourages an awareness of alignment with a heart-centred focus. Students of all levels are welcome.

Sandra's work is informed by a lifetime of exploration in movement, bodywork and dance. Her knowledge and understanding of the body is grounded in 18 years of ballet training, in addition to certifications in Phoenix Rising Yoga Therapy, Kripalu Bodywork and DansKinetics.

In addition, Sandra is a Gestalt therapist specializing in women's health and fertility. Sandra creates community art installations using the universal elements of the Mandala and Yantra, in addition to leading yoga inspired retreats in exotic places like Bali and Tuscany, as well as closer to home in rural Ontario and the beautiful shores of Canada's Maritime Provinces.

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### **Mark Maxwell**

Mark qualified in Shiatsu at the European School of Shiatsu in '97. Shiatsu is a treatment based on the principles of Chinese Medicine using pressure and stretches to balance and unblock the subtle energy channels (Meridians) of the bodymind. An oil treatment helps to improve the flow of energy...So unlike many massage techniques it is very therapeutic as well as relaxing...

Whilst in Japan Shiatsu can be a rather painful treatment, the European approach is more gentle but still highly effective for relieving all sorts of conditions...especially musculo-skeletal..clients can always ask for a soft or hard session...

Mark has also studied Nutrition, Counselling, Stress Management and Homoeopathy and has taught Chi Kung and meditation techniques which enables him to give fairly comprehensive complementary medical advice to his clients...

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### **Claire Farman**

Claire Farman is a gifted teacher who has been studying the sacred healing arts for over 20 years. Her unique, interdisciplinary approach blends healing yoga with the wisdom of Tantrayāna. Being a true, free spirit and adventurer, Claire went to work for the Greenpeace action team in Australia at the age of 26. While in Australia, she met her Buddhist teacher and began studying Tantra and Vajrayana Tibetan Buddhism. Shortly thereafter, she had a very severe horse riding accident and broke her spine. Using yoga, meditation, trance dance and the healing skills that she had developed, she managed to cure herself. Continuing on her path as a healer, Claire traveled to Calcutta where she studied classical homeopathy and trained in the Krishnamacharya and Sivananda Vedanta lineages of yoga. At the age of 33, Claire moved to a pacific island off the Coast of New Zealand with her 2 year old daughter, India Rose; they lived without electricity or real roads. Here she deepened her yoga and healing studies and introduced the Maori to trance dance. In 2003, Claire moved to the Ulpotha retreat in Sri Lanka, where she managed the yoga and therapy department. She continues to teach workshops at Ulpotha each year as well as leading retreats internationally in Greece, Ireland, Costa Rica, Goa, Australia and the Himalayas.



Claire now teaches at Triyoga in London and has her own yoga and healing center in the Vale of Health. She has developed a broad range of private clients, including well known artists, world leaders and innovative business people. She is a practicing Tibetan Buddhist and has studied with many great masters, including HH Dalai Lama. Through her teaching, Claire seeks to merge her broad and deep knowledge of healing modalities into a singular, transformative experience.

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### **Mika**

Mika started yoga at aged 21 with Baptiste Marceau, one of France's foremost Astanga teachers, who was later to become a good friend and mentor.

Mika was a musician at that time, though yoga had such a pull for him that he left Paris a year and a half later to concentrate on teaching.

Many people were asking for private classes, so he started to travel the world, from New York to Israel to give classes!

In 2002 he met a swami in India who offered to teach him tantric yoga. For the next 3 years he travelled between Paris and Rishikesh in India. For the last 2 years Mika has been teaching classes in Paris and continuing with his private classes.

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### **Granville Cousins**

Granville has been practicing Yoga for 30yrs – 17 of them devoted to teaching. His Iyengar background has been enhanced by his time practicing with BKS Iyengar at the Ramamani Institute in Pune, India. He has been inspired to study with well known and respected Yogis such as Derek Ireland, Radha and David Swenson. Although Granville is recognized as one of the foremost Astanga teachers in the country, he is increasingly being drawn to the traditional practices of the ancient yogis. Granville places great importance on classical Asanas, Pranayama and Meditation which has led him to develop his dynamic yogAsana - a series of integrated asanas brought together in a flowing sequence concentrating on meditative awareness. His wide expertise enables all students to move confidently through his Yoga sessions ensuring everybody can develop their practice safely and with awareness.

Granville leads popular workshops and yoga holidays throughout the year



in a friendly and relaxed way, with many yoga students returning year after year.

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### **T B C**

Still to be confirmed

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### **T B C**

Still to be confirmed

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### **Malaika**

Malaika, Transformational Hawaiian Bodywork and Energetic Healing

This style of bodywork has its roots in the ancient healing arts of the Hawaiian

Kahunas or Shamanic Healers. Performed using fluid movements designed to connect the body, mind and soul to Source allowing the body to participate in its own healing process. Deeply relaxing yet energizing by increasing your mana or life force energy. Clearing cellular memory of trauma and stimulating the lymphatic flow allowing energy to flow more freely in the body. A lot more than just a massage-its a healing experience leaving you feeling cleansed, renewed and nurtured.

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### **Deepa Moodgal**

Deepa has been living and breathing yoga for over 14 years and was brought up in a family where yoga was so much part of her daily life. She has studied under the guidance of some of the most well known and respected yoga teachers around the globe, and she offers gratitude to her immediate teacher Shiva Rea who continues to inspire her along her



yoga path and to her beautiful beautiful son who is simply a magical ball of Prana and to all her students, friends and fellow teachers for their love, strength and encouragement over the years.

Deepa's classes are Bhakti (devotional) led where emphasis is on a dynamic yet nurturing creative flow of asana practice and her students are encouraged to stay present by connecting to their true inner feelings, through deep awareness of their breath - the vital life force - Prana.

In a practice she will often work with the energy that her students present to her rather than to a specific structure or routine, laying emphasis on structural alignment movement meditations and Mudras (Hand gestures).

Classes will be more Solar and Dynamic led in the morning with awareness on Pranayama and Kriyas, with the afternoon sessions being more Lunar and Restorative in nature with guided meditations and deep relaxation (Yoga Nidra).

Deepa believes that yoga is a gift and a universal path and she offers her practice and study of yoga to everyone whom she comes into contact with.

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### **Sean Udall**

Sean has trained in conventional western sport and remedial massage techniques, anatomy and physiology and an ayurvedic bodywork technique known as chavutti thirumal; which translates as massage by foot pressure. Although anyone could find benefit from Chavutti it is closely associated with and particularly beneficial for yogis, dancers and martial artists whose muscle and connective tissue can become tired and overworked. Chavutti is applied by feet in both sweeping and isolated movements, freeing nerves and muscles from adhesions and re-establishing the gliding that should exist between the two whilst giving the bodies energy pathways a thorough irrigation. A powerful massage that is hard but soft, deep although remarkably sensitive.

Sean's application of chavutti is influenced by his work in corrective exercise and his long term practice of gymnastics and yoga.

After a number of years working and studying throughout south asia he is now based at Lords Cricket Ground in London and is also studying active release technique.





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### **Jenny Commerford**

Jenny is both an experienced Yoga teacher and an Advanced Thai Yoga Massage Therapist. Having practised and taught yoga since her late twenties, Jenny was finding herself drawn more and more towards the healing and transformative powers of yoga, especially in her 1-2-1 work with clients who were suffering from such debilitating conditions as MS and MND. She found that TYM complimented this approach and also shared the meditative and spiritual elements of yoga.

She trained with The Inner Yoga Trust, which is BWY accredited, and has been inspired by a number of wonderful teachers including: Jenny Beeken and Pauline Sawyer, the charismatic Angela Farmer and Viktor Van Kooten, Sophy Hoare and Diane Long both of whom studied with Vanda Scaravelli, Bill Wood and John Stirk. She is currently co-teaching on an Inner Yoga Trust Teacher Training Foundation Course in Surrey, as well as holding weekly classes to address the wide ranging needs of her students and continuing 1-2-1 treatments.

She trained in TYM with Kira Balaskas who has studied Traditional Thai Yoga Massage extensively in Thailand with Asokananda and other Thai teachers. She gives treatments in the Farnham area of Surrey.

Thai Yoga Massage is a unique and powerful massage therapy combining acupressure, gentle stretching and applied yoga. It is an ancient healing art, which has been handed down from teacher to pupil since the third century BC. TYM works on an energy line system (the Ten Sen) through which the body's natural life force flows. Blockages in this life force cause aches, pains and disease.

Jenny uses her hands, feet, knees and elbows to apply pressure to important points along these lines, in combination with gentle stretching and applied hatha yoga. This releases blocked energy and frees the body's own natural healing potential, thus restoring balance, health and harmony. She has a very wide repertoire of techniques, works by intuition, and treats everyone differently according to need.

Thai Massage therapy comfortably and effectively resolves many specific issues and commonplace problems, such as lack of use resulting from long hours sitting at a desk or driving, and has many applications for sport. In summary, Thai Massage therapy ...

- extends awareness from the head to the whole body
- releases chronic tensions in all areas
- improves posture



- increases range of movement
- improves sleep
- increases vitality
- lifts your mood
- helps you to work better under pressure
- improves your mental and physical performance.

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### **Daniela Schmid**

Daniela Schmid is a Vinyasa yoga teacher who has trained with Shiva Rea and has studied with numerous known and unknown teachers around the world (Ashtanga with Patthabi Jois in Mysore, Sivananda in Kerala, Anusara with John Friend, Maha Sadhana with Dharma Mittra). She is as well an Esalen trained massage therapist.

In a nurturing environment she will celebrate the natural rhythm of life at Ulpotha, guiding you through a solar morning practice, a challenging dynamic alignment based Vinyasa class, and a lunar afternoon practice experiencing the power of compassionate awareness through yin yoga practice, pranayama and guided meditation. Daniela will encourage you to deepen your practice, to go beyond the ordinary during this retreat and will weave yoga philosophy and massage techniques into her teachings.

Daniela is now based in Paris, France, where she has realized her dream opening a yoga studio: Rasa Yoga Rive Gauche. ([www.rasa-yogarivegauche.com](http://www.rasa-yogarivegauche.com))

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### **Louise Dixon**

Louise comes from a dance background and teaches contemporary dance. She has always been inspired by the body, its movements and intricacies and it was through an injury that she was lead onto the path of therapy work. Louise trained in Shiatsu and has worked in clinics in Brighton and London for several years. She very much enjoys being part of the process of guiding somebody back to their body and their truth by re establishing their energetic flow and therefore promoting a more harmonious lifestyle. Louise is also trained in Indian head massage and swedish massage.



### Shiatsu Treatment

Shiatsu was developed in Japan more than 1400 years ago and works on the same principals as acupuncture. Shiatsu Massage works to rebalance the body's natural flow of energy which travels through the meridians. This energy can sometimes become stuck which can cause disharmonies and illness to manifest. By strengthening the vital organs, Shiatsu works preventatively before weakness occurs. Unlike western medicine, Shiatsu seeks to address the person holistically and not just their symptoms.

For example, Shiatsu can help:

insomnia  
headaches  
anxiety  
back pain  
fatigue  
poor circulation  
weight problems  
indigestion/ digestive disorders  
chills/ flushes  
poor appetite  
chronic cases of rheumatism  
high blood pressure  
emotional difficulties  
menstrual/ reproductive problems

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### **Cat De Rham**

CAT DE RHAM has been teaching for 15 years.

Schooled in both Astanga and Iyengar yogashe teaches from the spirit of alignment.

Author of : "the Spirit of Yoga"

This workshop will be focused on:

- 1 – A grounding in the core principles of alignment
- 2 – Exploring one's internal energetic landscape through Asana
- 3 – Pranayama and meditation



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### **Paula Weisman**

Paula Weisman , originally from the U.S.A., is a dedicated student and teacher of yoga. She took her first yoga teacher training in New York City in early 2002, and began teaching that same year in the United States. Later that year, she moved to Berlin, Germany to continue to teach. In Berlin, Paula completed a second teacher training, specializing in Anusara Yoga, and she also completed a teacher training in Pilates. She taught yoga and Pilates in Berlin for almost 3 years.

In 2005, Paula re-located to Singapore to teach yoga there for 2 years. In 2006, she completed a third teacher training with David Swenson, specializing in Ashtanga yoga.

Paula's classes are both fun and challenging, and her love of yoga is contagious. Her classes combine asana practice with breath awareness, leaving her students feeling uplifted and light.

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### **Esther Jones**

Esther's 10 years of extensive experience's and knowledge of yoga allows her to easily adapt, adjust and accommodate all levels of abilities, encouraging and nurturing the individual to gain confidence not only in there yoga practices but in themselves.

Esther's journey with yoga began in the East; she trained with The Sivananda Yoga Vendanta Centre, Kerala, South India. Her travels took her from the very tip of the country to the heights of the Himalayas, gaining a broad knowledge of the different tendencies and schools within yoga. She established the first school of yoga in Palolem, South Goa and taught at Ulpotha, eco village in Sri Lanka.

She is a fully qualified Yoga Therapist, having completed a 2 year, Yoga Therapy Diploma Course, Dip, Yth (YBT) with the Yoga Biomedical Foundation Trust, Islington, London and is inclusive on the National Health Service register of Complementary and Alternative Therapists.

She lives on the Isle of Man, and teaches courses on Vinyasa yoga and yin yoga. She is regularly hosting retreats throughout the year at Brightlife,



Ramsey, IOM, [www.brightlife.com](http://www.brightlife.com).

Esther has a growing number of students, whom she is treating therapeutically, adapting yoga to help people with health challenges. Yoga therapy is more effective than general yoga practice as a safe means of treating medical conditions. It retains ancient principles of yoga, and works holistically on all levels of the mind and body.

Vinyasa Yoga - discover the unique energy and spirit of the yoga that can transform your life

The structure of VINYASA YOGA makes you go through an entire spectrum of postures, some of which are displeasing or difficult. The series work like a combination lock. If you do the right poses in the right order, the mind and body automatically open up.

Ultimately, the most difficult challenge in this "YANG" practice is not the mastery of specific poses, but the mastery of the mind. What counts is not the ability to stand on the hands, but the ability to keep the mind steady and the heart joyful, no matter what posture you are in.

Yin Yoga - for yoga practioners looking for something beyond physical postures, Yin Yoga address the deeper spiritual dimensions of yoga. Yoga as practiced in the west is almost exclusively Yang or muscular in nature. The Yin aspect of yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health.

The main difference between a Yin and a Yang practice are that Yin postures should be held with the muscles relaxed and be held for a long time. Yin yoga postures gently stretch and rehabilitate the connective tissues that form our joints.

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### **Devaki**

Devaki has been practicing Yoga for 26 years now. In 1998 she undertook a teacher training course in the Sivananda Ashram in India. Since then she has been teaching yoga first in London and since 2003 in Sri Lanka where she now lives with her family.

Her teachings "offer us techniques to become aware, to expand and penetrate, and to change and evolve in order to become competent in the lives we live and to initiate sensitivity and receptivity towards one life of which we are still only dimly aware. We begin at the level of the physical body, the aspect of ourselves that is most concrete and accessible to all of us. It is here that asana (yoga position) and pranayama (breathing



technique) practice allow us to understand our body with ever greater insight and through the body to understand our mind and reach our soul.”

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### **Les Smith**

Les began a daily practice of Buddhist meditation and Iyengar yoga in 1987 which radically changed his life and around the same time started a 3-year study of shiatsu which gave him a new approach to understanding and dealing with health and disease.

He also fell in love with Astanga vinyasa yoga and avidly attended many workshops and trainings. He eventually finished the Astanga practice as it was giving him imbalances and injuries.

After completing 2-year Iyengar yoga teacher training, Les now is an enthusiastic teacher of Iyengar yoga! He finds it to be a more mature and complete form of asana and pranyama practice. It is not stressful on the body, and it is extremely useful in treating disease, misalignment and imbalance of the body.

His yoga classes inform and enthuse students so they can develop and refine their own yoga practice and heal their own injuries, ailments, posture problems and imbalances. His classes are friendly and relaxed. He likes them to be fun, informative, healthy, challenging and imaginative, and overall, not too serious.

Les's classes are tailored around the students, so that each persons program is modified according to their own particular needs. He has a light hearted, pragmatic and down to Earth style of teaching, which students respond well too.

Les leads popular workshops and yoga holidays with many of his students returning year after year.

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### **Florence Dugowson**

Florence is both a teacher and therapist. Originally trained by Gerard Arnaud in Paris, Florence has broadened her knowledge of different yoga styles through first-hand experience of the various disciplines taught by the many teachers who have worked at Ulpotha over the years. She has also



completed another teacher training in Mysore, India.

Flo teaches in Paris, mainly on a one-to-one basis and to small groups. As a bodyworker too she feels it is important to keep her eyes and hands on her students. She adapts her class intensity to students' needs and embraces the wide range of practices that yoga offers, from dynamic Vinyasa flow to the stillness of Yoga Nidra, Pranayama, and meditation. She uses Iyengar as the basis for her flowing breath-driven yoga which connects both to the inner self and to yogic principles. Interested in the link between the Ayurvedic system and yoga, Flo explores the therapeutic effects of a practice lived from within, using the breath as a tool through the Nadis to create movement where energy and matter have become stagnant. She enjoys teaching yoga as a pleasurable and liberating healer of body and soul.

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### **Helene Moore**

Helene Moore is one of less than 100 western practitioners in the ancient and little known art of Amatsu, and has been practicing in clinics in Buckinghamshire and Berkshire, UK for the past 5 years.

She works with local press and national UK health and fitness magazines to build awareness of Amatsu within the UK.

Amatsu has its roots in traditional Japanese medicine from over 3000 years ago and is based on principles of natural movement. Amatsu is a holistic therapy treating your whole body, not just any symptoms. It comprises a number of different techniques such as gentle massage, soft tissue release, mobilisation, re-patterning and cranial balancing, which will be used in different combinations to suit each guest's needs.

The stresses of life can damage or distort natural patterns and your body's own ability to heal itself. Amatsu gently helps to restore these in a very relaxing yet revitalising treatment, working on many levels, which can leave you feeling lighter, brighter and generally more complete.

Amatsu supports the interaction of our Godai or "big five" that must work interconnectedly in order for optimum health. These are:-

Our physical - our structure, tissues, bones, muscles, ligaments





Our mental - our thought processes, emotions, beliefs and values  
Our electrical - our energy systems, nervous system and energy levels  
Our chemical - our hormones, digestive system and the food you eat  
Our environmental - where, when and how you do what you do

None of these work in isolation. An example in disturbance of the Godai would be when mental anxiety leads to physical tension in an area of the body such as the neck and shoulders. As everything within the body is linked, Amatsu always considers the body as a whole rather than just the symptoms.

By treating the whole body, all the elements will be able to work together to regain health, function and balance.

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### **Ying Li**

Ying's exploration of wellness began with Reiki and meditation when she was 14 years old. She holds a B.A. from Yale University and practises massage as a sacred art, honouring the power of presence, intention and each individual's highest potential for transformation. Bringing together a unique combination of Reflexology, Shiatsu, Thai and Balinese techniques, she tunes into the body to awaken areas of stagnation and harmonise the systems which are out of balance. Ying's areas of speciality include the spinal column as a major energetic pathway, the abdominal centre as key centre of healing and face massage for natural rejuvenation. The basic premise of Ying's work is we release deeply held patterns within the body through emotional and physical awareness and a commitment to nurturing ourselves. Her therapy is particularly appropriate for those looking to cleanse and detoxify, clear debilitating blockages or simply let go into a deep state of relaxation.

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### **Nicolas Shanti**

Nicolas Shanti practices a peace-inducing deep type of Ayurvedic massage. His treatment combines Ayurvedic massage, learned from different masters in India and Europe, with the intuitive touch of Yoga, drawing on his deep knowledge of the body and its energy paths.

His massage includes stretching, some simple Yoga movements, and breath work, allowing the body to relax comfortably and the mind to surrender.



This is followed by a deep massage leading to the ultimate in relaxation.

Nicolas has been a massage therapist and a yoga teacher for the last 12 years. He practices in Paris and abroad in spas such as Les 5 Mondes, or Club Méditerranée, and in many Yoga centres (Rasa, Element Yoga Pilate, etc).

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### **Fabienne Saraswati**

Fabienne Saraswati studied Ayurvedic massage, Tibetan massage and Reiki in Tamil Nadu, Southern India. Combining these different techniques, she offers a soft and intuitive 90 minute Ayurvedic massage, with hot essential oils which are very good for muscular relaxation.

Her massage is a pure moment of shared meditation listening to the body. It leads to a subtle harmonization of one's energies, linking into the body's deep needs to show one the way to let go.

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### **Laura Johnson**

Ka Huna Bodywork is a truly transformative and heart opening experience that, while working predominantly with the physical body, can also assist one to experience shifts of an emotional and energetic nature. It is a dynamic, entrancing Bodywork and its effects and benefits can be absorbed and felt long after you leave the massage table.

In my personal experience, this work has helped me to become aware of, and shift though, behaviour patterns and heart barriers that are perhaps lifetimes old. Through the honesty and nurturing the work provides, I have been encouraged to create a healthier, more authentic relationship with myself and others.

Huna is a Hawaiian word used to describe the secret science behind the miracles that ancient Hawaiian Ka Huna (experts) performed. At its heart, Ka Huna connects mind body and spirit. These three aspects to humans are linked, and through our neglect of any or all of them in daily 20th Century life, we often disconnect them. Ka Huna Bodywork is a starting point to help reconnect and balance the three so you become more aware of all that



you are.

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### **Lorraine McConnon**

Lorraine first studied with BKS Iyengar in 1986; she has been a life long practitioner of yoga since the age of 16 yrs and has continued to study and teach both at home and abroad since then.

Her teaching manner is warm yet precise, informed with the knowledge of over 20 yrs teaching experience.

A full time yoga teacher based in London, Lorraine teaches yoga to many people from different walks of life, including school children, the corporate sector, the Metropolitan police and trainee and qualified yoga teachers.

Lorraine has contributed to several yoga magazines. For details of published articles see: [www.artofyoga.co.uk](http://www.artofyoga.co.uk)

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### **Kathy Roberts**

Kathy has been practising different forms of yoga for over 20 years, and teaching since 1997. Her formal training includes Iyengar and Sivananda Teacher Training, a Yoga Therapy Diploma and a 3-year Astanga Vinyasa course with Graeme Northfield. She has also worked in depth with John Scott, Dona Holleman and Sarah Powers, who have greatly influenced her yoga and teaching style. More recently she has been working with Clive Sheridan and incorporating more pranayama and meditation into her practice and teaching.

Kathy has been teaching with Gingi Lee at his Astanga studio in South London for a number of years, and teaches in a Vinyasa flow style in other London studios and privately. Her teaching is grounded in the alignment of the Iyengar system but greatly influenced by the dynamic flow of astanga, while incorporating more restorative practices as appropriate. Her hope is to make yoga accessible to all, whatever level. Having been a massage therapist she tends to use touch a lot as a tool for teaching.



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### **Tracy Lee Jackson**

Dynamic Hatha Yoga with Tracy is slower and deeper with more time spent on preparation building core strength so that you can find your way into traditional yoga poses with ease and grace. The class is not just an instructional set of poses that you perform with the intention of specific achievement, but rather an often spontaneous exploration into who we are physically, mentally, emotionally and spiritually for no particular reason at all. The result is a playful, often relaxed atmosphere of serious self enquiry - but without the pressure of finding answers. After all, answers are inherent in the questioning.

Tracy's compassionate and focussed teaching style communicates easily to her students, her passion is for "existential bridges", the spaces between one moment to the next. Practicing hatha yoga embodies this philosophy in a very tangible way and shines a light on the "road home" - or self realization.

The level of physical practice is challenging and dynamic, but no previous experience is required. Tracy works with all levels, ages including children and elderly; she has recently completed a course with Teach Yoga, specializing in Yoga for Pregnancy.

Tracy owes her own light and individual style of practice to learning from some of the best yoga teachers around the world since 1995. She continues to practice with truly inspirational and well known teachers, some of her favourites are Leela Miller (Astanga with an Iyengar eye), David Swenson (The Astanga Guru of the West), Dharma Mittra (An inspiration on all levels), Sarah Powers (Yin Yoga), Max Strom (Sacred Movement) while her current teacher is the amazingly talented and enlightened Jonathan Monks, creator of YogaMonks.

Aside from the two yoga classes daily, Tracy will be on hand to answer your questions in groups, or if you prefer individually, throughout the holiday.

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### **Jo Bowlby**

Jo Bowlby is a western shaman with a practice based in London. Over the past twenty years she has trained in and studied many spiritual and non-spiritual disciplines from Eastern martial arts and Yoga to contemporary psychotherapy and NLP counselling.

For the last few years Jo has been studying with Dr Alberto Villoldo founder of the Four Winds Institute learning the energy healing techniques of the Q'ero (the mountain Shaman of Peru) and the teachings of both the Laika (Inca wisdom keepers) and some of the traditions of the Native American medicine men and women.

Jo has received the full rites of the Inka Shaman in Peru from the Q'ero elders.

The workshop is based on the wisdom teachings and energy medicine of the Q'ero, the Inca shaman of Peru.

Jo teaches some of the key ancient techniques used in Shamanic Healing from sand paintings to soul retrievals, including simple energy practices which can be incorporated into one's day to day lives.

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### **Mithila Ubayasekara**

A lifelong passion for dance and movement and an upbringing in Ayurveda (Indian Science of Life), led Mithila to work with dance (1997) and yoga and meditation (2002). After having left a 6 year career in systems software consulting she now works with yoga, dance, meditation and bodywork (Wat Pho Trained Thai Reflexology Foot Massage, Swedish Classic Massage). With a spirit determined to live a simple life and to guide others in finding their true paths, Mithila continues her studies in spiritual awakening. With a background in Ashtanga Vinyasa basics, teacher training in Classic Hatha Yoga at White Lotus Foundation Santa Barbara and Ulrica Norbergs Power Vinyasa Yoga in Sweden, she now continues on her spiritual study with Buddhist meditation (Vipassana and Ana Pana Sati Bhavana) as well as hatha yoga.

Dhamma Yoga is a mixture of Mithila's experience in meditation practices and hatha yoga. Meditative guidance in asana to deepen your awareness of the physical body and thereby sharpening the mind's ability to focus on the reality at hand helps not only the physical body to reach balance but



promotes stability and well-being in the mind with continuous practice. This combined with deep stillness of seated meditation is the essence of the Dhamma Yoga practice. The yoga itself is both upbeat and slow-mo vinyasa and classic hatha yoga followed by seated meditation to develop self-knowledge through primarily individual work but also philosophical discussion incorporated to the class. Welcome to practice once or twice a day during your stay no matter what your level of experience is in yoga. There will be alternatives suitable for beginners to intermediate/advanced students during both the active morning practice to awaken the spirit at the beginning of the day, and the slower paced hatha-yoga and longer meditation during the second session of the day.

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### **Ryan Spielman**

Ryan has been teaching Yoga for over 13 years. Almost entirely self-taught, he has become an advanced practitioner, completing the Advanced A and B series in the Ashtanga Vinyasa system. His skill and style as a teacher comes from a devotion to and confidence in the effectiveness of the Ashtanga system as well as a willingness to let the ideas of the practice go and allow the moment to decide what is appropriate. Ryan is well known for his hands-on adjustments. He has an intuitive understanding of how the body moves and a real talent at getting you into those postures you never thought you would be able to do on your own. Ryan has devoted his life to discovering and pushing the boundaries of human potential. As well as teaching yoga, he also leads and organizes various groups in London and abroad dedicated to the exploration of consciousness and personal growth.

Ryan's program will include:

- an Ashtanga based class every day for all levels, beginners to seasoned practitioners. Ashtanga Vinyasa Yoga is a physically challenging series of postures coordinated with a specific yogic breathing technique taught as a moving meditation. It is well-known for building strength, detoxifying the body and promoting overall well-being

- two meditation sessions a day. Ryan teaches simple mindfulness training, present moment awareness, cultivating a relaxed and open mind prepared to look, unwaveringly, into the depths of what we truly are.

- other sessions may include yoga theory and practice discussions from anatomy and physiology to yoga psychology, interpersonal group work,



basic, easily applied massage techniques and Trance Dance.

[www.trueryan.com](http://www.trueryan.com)

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### **Sam Cunningham**

Sam Cunningham began practicing dynamic and Ashtanga Vinyasa yoga in 1994 with Godfrey Devereux at The Life Centre, London. In 2000 Sam traveled to Mysore, India to practice Ashtanga with Sri. BNS Iyengar and Sharath Ragaswamy. Wanting to deepen the spiritual and philosophical elements of her practice, in 2001 Sam then completed Teacher Training at the Sivananda Ashram in India which lead her to the US; living, teaching and practising at the Sivananda Ashram and Centres throughout California. Back in London she assisted and trained specialising in Pre-Natal Yoga with Lynne Pinette.

On a journey to Boulder, Colorado, Sam rediscovered her love of the Ashtanga Vinyasa system with Richard Freeman. In 2006 Sam completed Richard Freeman's Ashtanga Teachers Intensive.

Sam continues to practice with Richard Freeman whenever possible and enjoys regular practice at Jivamukti London.

Sam has studied Vipassana meditation and now practices Tibetan Buddhist Meditation.

Sam has also trained in the Healing Art of Thai Yoga Massage.

Her web site is [www.yogapunk.net](http://www.yogapunk.net)

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### **Rajeev Kahn**

Rajeev Kahn, a Chicago native, first stepped into the flow of yoga in 1996. An instructor since 2002, he has taught Anusara Yoga workshops and classes in several U.S. states as well as London, Barcelona, Victoria, and Paris. His instruction balances analytical and humorous approaches to express the art and science of asana. He studies extensively with silent monk Baba Hari Dass, Anusara founder John Friend, and other senior teachers across the U.S., Canada, Thailand and India. Rajeev moved to Paris in 2007 where he teaches at Rasa Yoga Rive Gauche and The O.E.C.D. He is a Master's candidate at the Université de Paris VIII (Arts de la Scène) holding a Bach. of Arts in International Studies (cum laude) from Marlboro College and The School for International Training in Vermont.





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### **Nico Thoemmes**

Nico draws on a dynamic range of massage and bodywork techniques including swedish deep tissue, indian head, and pulsing. Nico believes massage is an intuitive art, a science, and a spiritual practice that awakens the body's energized and peaceful potential. He works from a foundation of body awareness and sensitivity to release physical and associated tensions, facilitating an internal experience where you can connect with yourself at your deepest level – leaving you relaxed, positive and calmly inspired.

Alongside massage, Nico has trained in yoga and contemporary dance, and is working towards an extensive training in Somatics. Professionally Nico has worked internationally as a therapist on retreat centers and with dance organizations. His long-term ambition is to open a somatic based education center integrating embodied learning processes into mainstream education.

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### **Sreenivasan**

Sreenivasan has 15 years of experience in Kalarippayattu, an Indian traditional martial art inspired by yoga and animal movements. He gives regular classes and workshops in Europe and India and has also worked with different dance schools and dance troops as a teacher and a dancer. Sreenivasan has been trained in Kalari massage along with his Kalarippayattu training. He has also been trained in Ayurvedic massage and Kathakali massage. These are three traditional massages from Kerala. The massage he gives is then a combination of these different techniques and the result of his experience as a masseur.

This massage or Uzhichil is a combination of Touch therapy and Aromapathy. It is a simple way of strengthening one's immune system. It triggers the release of endorphins, natural pain killers produced by the brain, producing a feeling of euphoria. It invigorates and stimulates the nervous system. This massage aids relaxation and has a healing effect on minor ailments and imbalances like stress, tension, anxiety, tiredness, stiffness, rheumatism, fatigue, insomnia etc. For sportsmen and dancers, there is probably no better way of relaxing and gaining flexibility. This massage is for those who are looking for a natural method of enhancing good health and releasing stress.



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### **Matthew Gale**

Matthew was born in the USA and moved to Asia in early 1989. He first landed in Tokyo, Japan where he made his home for fifteen years. In the early 1990's he began visiting Thailand and soon discovered, in Chiang Mai (northern Thailand) the incredible benefits of Traditional Thai massage. Shortly after his first massage he enrolled in a course at the then Old Medicine Hospital, postponing his return to Japan. Over the next few years Matthew returned regularly to Chiang Mai to study with various teachers until he found his current teacher, Piched Boonthumme.

Thai massage is an ever evolving art and it benefits the practitioner to return to "brush up" on learned techniques and learn new ones.

In 2003 Matthew relocated to the island nation of Sri Lanka and owns and operates a small beach resort on the southern coast. Here he offers Thai massages to both guests and non guests. In May of 2009 he is off to Chiang Mai yet again to learn a bit more before spending the summer massaging the masses in Europe.

### **Traditional Thai Massage**

It is said that traditional Thai massage has been practiced in its current form for at least 1,000 years but its roots go back much further. Its origins stem from Chinese, Indian and Japanese styles which have been practiced for over 4,000 years so needless to say it's a tried and tested practice.

Thai massage is done on a firm mat directly on the floor, fully clothed and without the use of oil though types of balms can be used on sore or aching areas of the body. A treatment takes up to two hours and is done in five different positions, lying on the back, sides, stomach and finally in the sitting position. First the muscles are warmed with a technique called "palming". Once the muscles are warmed the circulatory or sen lines are firmly stimulated with a technique known as "thumbing" and finally with the use of hands, forearms, elbows, feet as well as the practitioners complete body weight the joints and bones are stretched and stimulated with gentle to firm twists and turns. This is not a chiropractic treatment but once the above techniques have been carried out properly the bodies circulatory, muscular and skeletal systems all connect and the result is an extremely pleasant feeling.

Those who practice or wish to practice yoga will be pleasantly surprised with a Thai massage for it is also known as "lazy man's yoga". With gentle to firm twists and pulls, all of the body's joints along with the muscles are manipulated so that after a two hour treatment the body feels completely



stretched, fluid and light which as most of us know has a profound impact on both our physical and psychological wellbeing.

A single treatment has instant benefits but should a person have the time and means a series of three over a week has immense and longer lasting benefits. Of course to maintain the benefits of a proper massage, self discipline and a daily stretching regime go hand in hand with good physical and mental health.

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### **Bridget Woods Kramer**

Bridget began her yoga practices in India in 1975 and embarked on an intense program of study to become a senior teacher and teacher trainer. She has concentrated on teaching since 1988 and her style of dynamic Yoga has evolved from time spent teaching and studying with the many visiting Yoga masters at Yoga Works in Santa Monica, considered to be one of the USA's most authentic and ground-breaking schools.

Bridget is Anusara's UK representative and main certified Anusara teacher having studied with John Friend, the founder of the Anusara school of Yoga since 1994. Bridget travels all over Europe giving Anusara immersion workshops, Teacher training's, and in depth study courses. Anusara Yoga is a uniquely intergrated approach to Hatha Yoga in which the art of the human spirit is powerfully blended with the science of bio-mechanics. Anusara means 'Flowing with grace (going with the flow) following your heart.

Nominated for Business women of the year and a leading light in the fitness industry for more than two decades Bridget launched one of the UK's leading fitness facilities and Health Spas, 'The Fitness Centre' as well as world renowned and ground breaking day spa, 'The Sanctuary' in Covent Garden.

Bridget has authored numerous articles and books and has a proven record for identifying coming trends. She is known for her dynamic style of teaching with close attention to alignment detail. She is extremely dedicated to the many students of all abilities who attend her classes. Bridget takes every available opportunity to continue studying to deepen her knowledge. She enthusiastically embraces a tireless schedule of travel, study, practice, workshops, classes, private instruction and a very busy family life as wife and mother of two.

#### **CERTIFICATIONS AND AFFILIATIONS:**

Anusara Yoga Teacher certification



Anusara Teacher Trainer  
Siddha Yoga Hatha Yoga certification Level 1  
Siddha Yoga Hatha Yoga certification Level 2  
Yoga Works Teacher certification  
IDEA (ACE) Fitness Teacher Training  
Personal training certification  
American College of Sports Medicine  
International Yoga Alliance affiliate

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### **Rachel Auburn**

Formally a fashion designer, and very much part of the eighties creative explosion of artists, musicians and performers, Rachel then went on to become an International D.J. and music producer.

Through the discovery of Innergy Yoga Centre in London's Notting Hill, with Fausto Maria Dorelli, and along with a strong interest in teachings of J. Krishnamurti, Rachel then made the gradual transition towards becoming a Sivananda trained yoga teacher.

Rachel is now a full time Yoga teacher, teaching internationally (Egypt, Morocco, India, Italy), at Innergy yoga centre [www.innergy-yoga.com](http://www.innergy-yoga.com), and corporately, as well as in gyms around West London.

Drawing from a wide range of traditions: Sivananda, Iyengar, Jivamukti and Anusara, and with life experience, Rachel teaches a flowing Hatha class with an emphasis on following the breath, awareness of breath in the Asana. Including breathing exercises and Kriya's (Kapalabati), weaving in meditation, and practise of awareness, according to level and context.

Rachel will offer a stronger morning practise of more flowing Asana, with emphasis again on breath and body synchronisation.

Evening classes will be gentler, restorative with meditation techniques such as Trataka (gazing at an object, flame, etc) becoming the beginning of a personal meditation practise.

Classes are suitable for all levels.

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### **Amanda Latchmore & Paola Ceccarelli**

*Amanda Latchmore*

Amanda began practising Yoga over 35 years ago and has been teaching since 1997. She runs classes in Harrogate, and workshops and teacher trainings throughout the UK.



Her aim is to help students develop embodied awareness and greater ease of movement. To this end Amanda creatively incorporates her studies of Body-Mind Centering® and Ashtanga Vinyasa Yoga into a flowing vinyasa form.

Qualifications include - Integrative Bodywork and Movement Education Diploma. British Wheel of Yoga Teaching Diploma. Advanced Yoga Teacher Training Certification with Donna Farhi.

#### *Paola Ceccarelli*

Paola has been practising Yoga for 15 years and has been teaching since 2001 after training with Yogaarts in Byron Bay. She has studied yoga with Matthew Sweeny, Glenn Ceresoli and Clive Sheridan in Australia and India and attended several workshops with some of the most renowned yoga teachers. She has been studying for several years and continues to study with John Stirk in London. She teaches both a dynamic and a gentle and therapeutic approach to suit the needs of the students. In India in 2002 she had the blessing of meeting her meditation Master under whose guidance she has since been practicing.

Paola is also a qualified osteopath and her approach draws from structural, cranial and visceral techniques while incorporating elements of energy healing and Chinese acupuncture and medicine.

Drawing from her osteopathy training, yoga and meditation practices her aim is to help students and patients to restore ease, function and health to their bodies and to move from a place of awareness and inner rest. She very much believes that the seriousness and discipline of the physical and spiritual practice of yoga should always be embraced with lightness, fun and compassion.

Qualifications include – Yoga teacher training, YogaArts Byron Bay, B.Ost British School of Osteopathy, London, Foundation Diploma in Classical Osteopathy, ICO, Maidstone, Osteopathy in the Cranial field, Sutherland Cranial College, Foundation Course in Syndrome Acupuncture, Reiki level 1&2, Human and universal energy level 1-3, The Reconnective Healing level 1-2.

Amanda and Paola first met at Ulpotha nine years ago. Their love of yoga, and other stuff to do with body and soul, made them firm friends and kindred spirits. They are delighted to be returning in 2009 as co-teachers.



Both Paola's and Amanda's yoga teaching is underpinned by a deep knowledge of the body. Amanda's through her training in Integrative Bodywork and Movement Therapy and Paola's through her training as an Osteopath.

Morning yoga class will be led by either Paola or Amanda, while the other teacher makes subtle adjustments to help students find greater integrity in their asana. Amanda and Paola will take turns to lead the class – changing after a few days.

The morning classes will begin with breath awareness and gentle warm ups leading to dynamic and flowing vinyasa sequences, finishing sequences and savasana.

Evening Yoga will include restorative poses, pranayama and meditative practices. As in the morning, Amanda and Paola will take turns to lead the class – changing after a few days.

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### **Hilary Dowling**

Zimbabwean born Hilary moved to UK in 1976. Following about 10 years of working in a variety of different environments, she started a family and became a full-time mother. It was during this time that she trained with the International Institute of Reflexology. She has been practicing for 12 years and five years ago she created The Lotus Centre near her home in Marlow in order to help people 'reveal their full potential'. It is a multi-disciplinary practice providing holistic care for people of all ages.

Alongside her work as a reflexologist, she is also an Educational Kinesiologist (working mostly with people with learning difficulties) and a Thought Field Therapist (helping people with phobias, bereavement and trauma). She is now an instructor in both disciplines as well as using the techniques in a clinical setting. She uses the Australian Bush Essences to enhance this work.

She has chosen to return to Ulpotha as a practitioner having experienced this very special place as a client and hopes to create some more flower essences whilst working at Ulpotha. She created 'Bowitya Essence' in January 2009 – from a plant growing on Uncle Willy's Rock high above the village.

She believes that reflexology works well alongside other forms of massage and aids detoxification.





Reflexology is an ancient therapy – it involves massaging specific reflex points on the feet which refer to all the organs and parts of the body. Reflexology has a balancing effect on bodily systems such as the endocrine system (hormones) and is very relaxing as well as therapeutic.

Hilary will be offering a form of facial reflexology in addition to the more traditional foot reflexology.

She 'tailors' each session to the individual for maximum benefit.

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### **Nadav Arad**

Nadav Arad offers conscious Thai massage bodywork. Thai massage is an ancient system of healing with its roots in yoga, ayurvedic medicine and Buddhist spiritual practice. It combines rhythmic massage, acupressure along the body's energy channels (sen lines), gentle twisting, deep stretching and meditation.

It relieves tension, increases vitality and creates wholeness of mind, body & spirit.

Over the last 8 years, Nadav has been studying and perfecting his Thai Massage techniques in Thailand with his Ajan (teacher) Pichet Boontume in Chiang Mai. Pichet Boontume is a living example of the old school way of teaching and is considered a true master in his field.

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### **Alistair Francis & Nicole Griffin**

Alistair Francis:

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Alistair's passion is Ashtanga Yoga. Before life as a Yogi, Alistair was a computer programmer. He spent long hours hunched over a computer, and before he turned thirty, his body started to protest loudly. Alistair listened and he packed his bags and went around the world to discover more about the world of yoga.

Experiencing the effects of the Ashtanga practice on both a physical and emotional level has made Alistair a strong believer in the practice. Under the guidance of well known teachers, his knowledge of the practice has grown and deepened.





Alistair has over 600 hours of formal yoga training (including prenatal and kids yoga) and finds that a deep knowledge of yoga philosophy has allowed him to embrace change without trepidation. In his continual search for holistic knowledge Alistair has trained as an Ayurvedic Therapist and has a growing practice in North London.

Alistair is a dedicated Ashtanga Yogi, and enjoys not only assisting other committed yogis with their practices, but also helping complete beginners start on their path with this great practice.

Nicole Griffin:

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Forever curious, Nicole has studied and practiced a number of different styles of yoga but Ashtanga always feels like home. She's been fortunate to have met a variety of wonderful teachers, each of whom have enriched her love and understanding of the practice by bringing a new perspective and spark.

Nicole primarily teaches either Ashtanga or a Dynamic Vinyassa style, bringing the subtleties of energetics and effects to bear. Her Shadow yoga and Iyengar yoga experiences bring that acute sense of awareness, whereas the daily Ashtanga practice releases the mind and brings fluidity.

Her grounding training is in the Ashtanga system, but she continually accumulates knowledge and refines her ability to pass along the teachings. She has studied with teachers we all know and love as well as teachers that have a profound affect on a handful of students.

Nicole practices and teaches with a very simple philosophy of on lightness on the mat. You do the work, you love the practice unconditionally and you smile - especially when it's hard. For her, the practice is a personal discovery of both the physical and emotional body. A practice that facilitates growth and acceptance. A practice that lives and breathes and changes.

Alistair & Nicole:

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Alistair and Nicole met in Thailand two years ago when Alistair was assisting an Ashtanga workshop. Their enthusiasm for life and devotion to the practice has made them inseparable ever since.



They have a playful attitude towards the practice of Ashtanga which is balanced by the strict observance of the teachings of Sri K. Pattabhi Jois.

Their program will include:

- An Ashtanga based class every day for all levels, beginners to seasoned practitioners. Alistair and Nicole will teach together, offering both led and mysore style classes.
- Afternoon classes will alternate between dynamic vinyasa and restorative meditation or pranayama classes.
- Other afternoon sessions may contain Yoga theory and discussions regarding the practice of Yoga. An introduction to Ayurveda and an understanding of self-healing will also form a part of the afternoon sessions.

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### **Paola Ceccarelli**

Paola is a qualified osteopath as well as a yoga teacher. She graduated from the British School of Osteopathy in London and studied postgraduate courses in classical, cranial and visceral osteopathy.

Osteopathy is based on the principle that if a person's body is allowed to work properly, it has the inner ability to heal, and vitality will flourish. Stress, emotions, activities that we experience in our daily life accumulate and reflects in our body, affecting our function and health.

Paola's curiosity and strong fascination with the self healing ability of the body and the strong connection between mind, soul and body continues to inspire her to deepen her knowledge within manual therapy, meditation and yoga and the power of their interaction in supporting health. Her osteopathic approach draws from a wide range of osteopathic techniques including structural, firm soft tissue, visceral, fascial and cranial to create a global, flowing and relaxing therapeutic treatment that will also focus on structural and postural imbalances and can be both gentle and relaxing as well and energising and vigorous according to individual needs.

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### **Katy Appleton**

Katy Appleton enjoyed a 10 year career as a dancer before devoting



herself completely to yoga. She danced across the world with the Royal Ballet and English National Ballet, complimenting her dance career with the power of yoga's movements, breathing and relaxation techniques.

Katy qualified to teach yoga in 1998, after studying many different styles with some of the world's leading practitioners. Katy draws on her experiences to teach her own form of yoga, known worldwide as appleyoga. The appleyoga brand has published several yoga books and five bestselling DVDs by Katy, she also appears regularly on Sky TV.

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### **Erin Kostanski**

My name is Erin Kostanski, I am 27 years old and originate from Melbourne, Australia. My journey with Kahuna massage began when I was 17 years old, when I received one of Kahunas awakening massages in Byron Bay for the first time. It was in 2006 that I embarked on my journey with Mette Sorensen and completed Levels 1,2 and 3 of High Spirits Kahuna massage and personal development training in Queensland. During this time I also studied Swedish massage in Melbourne and then followed my path to Thailand where I studied Chakra and Hatha Yoga at the Pyramid Yoga Centre, and became a qualified Chakra Yoga instructor. In Thailand I was also able to study with amazing spiritual healers, became Reiki attuned and learnt Crystal and Mantra healing.

Following my Thailand experience I journeyed back to Australia to complete level 4 and 5 of my Kahuna rights of passage with Mette and began integrating all of the above practices into the one form of healing: ELK healing. I am very grateful to mother earth and father sky and all the beautiful loving energies of this world for techniques that heal through love. Kahuna massage is an ancient Hawaiian temple style of massage that was used during rights of passage and as well as a transformational healing technique. This beautiful form of massage provides a holistic approach to healing by balancing mind, body and spirit.

During the massage the practitioner uses a form of dance based on Tai Chi movements over and around the body whilst using their hands, forearms and elbows, in long flowing strokes (sometimes from the neck to the ankles) to awaken vital energy lines within the body as well as providing a deep tissue massage to the muscles. Throughout the massage the client is asked to focus on their breath work allowing more Prana (energy) to be released into the body whilst simultaneously calming the mind.



As well as Kahuna massage I also provide a space to enter into ELK healing, which is a mix pot of Reiki, Crystal healing, Intuitive massage and sound healing. ELK healing is based on the principle of love being the greatest healer of all.

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## **Bo & Shirley Srey**

### **Bo Srey**

Bo Srey is a traveling Certified Anusara yoga teacher™ based in Asia. His aspiration is to help students in Asia to develop and deepen their understanding of Anusara Yoga. Born in New York City, he moved to Asia in 2005. Having practiced yoga and meditation since 1996, Bo brings a joyful and caring spirit to the yoga practice.

Anusara yoga is a style of hatha yoga that reminds students of their true essence, heals the body with powerful and sound biomechanical principles and unifies outer strength with inner joy. Bo's classes reflect the eternal dance of opposite forces: *shiva-shakti*, *yin-yang*, concealment-revelation. His classes are challenging, yet fun and light. While teaching precise principles of alignment, Bo constantly encourages students to access their wisdom center, letting the practice reveal each student's joyful nature. He has taught in major studios in San Francisco, Singapore and Thailand. In addition to public classes, Bo has taught Immersions and Teacher Trainings in Asia and the United States.

Bo and his wife Shirley, an Anusara-Inspired yoga teacher™, currently live in Singapore. They teach workshops, retreats, and teacher trainings throughout the world.

### **Shirley Srey**

Shirley Srey is an Anusara-Inspired yoga teacher™ and a Prajna Yoga Teacher. A student of Anusara Yoga since December 2005, Shirley began studying with John Friend in 2006. She has traveled globally to attend his Teacher Training, Teachers' Immersion, Teachers' Intensive, Advanced Intensives, and Weekend Workshops, completing 200 hours of study directly with John.

Shirley completed a comprehensive 200 Hour Teacher Training with Tias Little (Prajna Yoga) in 2006 in Santa Fe, New Mexico. In 2008, Shirley had the great honor of assisting Tias as his apprentice at his Yoga Anatomy Teacher Training and Prajna Immersion in Singapore, as well as at his sessions at the Evolution Asia Yoga Conference in Hong Kong. She has also studied with internationally acclaimed teachers such as, Edward Clark, Ana Forrest, David Swenson, Shiva Rea, Sharon Gannon, David Life and Matthew Sweeney. Shirley has over 2,500 yoga training hours (including



over 2,000 Anusara Yoga training hours) since coming to yoga in July 2005. A lover of creative movement and expression of the Heart, Shirley explores the elements of precise alignment, lightness, fluidity and playfulness in her classes.

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### **Thomas Goodwin**

Thomas originally trained as a contemporary dancer both in London and Montpellier, France. In 2005 he wanted to further his interest in Eastern philosophies and disciplines, and completed his Yoga Teacher Training Course at the Sivananda Yoga Vedanta Dhanwantari Ashram in Kerala, South India. He went on to assist and have extra teaching guidance at the Putney Sivananda Yoga Vedanta Centre in London where he teaches. He has also taught workshops in Japan, Taiwan, France and more recently at the Sensori Spa (Leading Spas of the World) of the Suncani Hvar Hotels, Hvar, Croatia in the position of Movement Program Leader (2008-9). As part of this position he led regular Mindfulness Walks based on the teachings of Zen Buddhist Master Thich Nhat Hanh.

Thomas travelled to Thailand in 2007 where he trained at the Wat Po (Bangkok) and Chetawan (Chian Mai) Thai Traditional Massage Schools in General and Advance level massage.

Most recently, he has started teaching qi-gong and meditation and started The Greenwich Park Walking Meditation Group and the Mindfulness Improvisation Group.

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### **Vicky Bourboula**

Vicky is a physiotherapist with a background/speciality in Acupuncture. At Ulpotha Vicky's work will involve a combination of Structural Bodywork, Tui Na massage, Wei Qi energy rebalancing techniques and Trigger Point Therapy.

The treatment is tailored to fit the individual and it is based on the assessment of the energy levels and the constitution of every individual person. The aim of the treatment is to facilitate healing through mind-body balancing and helping the patient reach their optimum potential.



Vicky comes from a Greek family of physiotherapists and has worked both in Greece and the UK. She currently lives/practices in London, where she successfully treats clients from a variety of backgrounds and disciplines including elite dancers and performers working the West End theatre and dance productions, and also treats professional and amateur athletes.

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### **Stephen Thomas**

Stephen Thomas comes from Vancouver, Canada where he originally discovered his yoga practices and teaching. After being guided into the foundations of Yoga, he began teaching at a studio that he co-founded. The years at that mountainside studio were a period of intense creativity and energy which would transform the coming years.

He eventually left Canada for Asia to deepen his studies and understanding of Yoga, Buddhism and the essence of life. He now studies under his spiritual and pranayama guru, Sri. O.P. Tiwari. As his major teachers and influences Stephen also lists Sri. K Pattabhi Jois, B.K.S. Iyengar, Richard Freeman, Dharmanidhi Saraswati and Paul Dallaghan. He continues to visit India, Tibet and Sri Lanka as a seeker on the path and as a yoga pilgrim.

Stephen teaches a dynamic transformative approach to Classical Hatha Yoga that balances his many years in the Ashtanga System with the alignment approach of the great master B.K.S. Iyengar. He also borrows inspiration from his interest in Tibetan Buddhism and the powerful, life affirming Yoga practices of a Tantric Yoga philosophy. His classes and workshops cover the range of Hatha Yoga practices from asana, to pranayama, mantra, and meditation.

The intention of his teaching work is to present Yoga in its classical form, as a way rediscovering our essential nature and awakening to our fullest potential in all aspects of life. His approach mixes a reverence for the original teachings, with a lightness, creativity and humility that allows students to make there own deep enquiry from a foundation of knowledge and experience.

Stephen is currently based in Taiwan during his months in Asia, and Zurich during the summers. He has also been a part of the Yoga Thailand community since it opened in 2003. He teaches immersions, teacher intensives and classes throughout Asia and Europe. More information can





be found at [www.stephenthomasyoga.com](http://www.stephenthomasyoga.com)

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### **Eric Kelley**

Eric has been studying yoga and massage for the past 10 years covering many conventional western massage styles and healing modalities as well as acupressure and shiatsu. In 2003 he discovered the beautiful art of Thai massage and has been in love with it ever since. He studied with one of the leading teachers of Thai massage in the U.S., Micheal Buck for 4 years and spent 2009 living in Thailand to further his studies.

His therapy sessions are focused on identifying and clearing restrictions in the physical, emotional, and energetic bodies, and changing the cellular memories that hold these restrictions in place. The work is guided by his intuition therefore every session is different. The underlying theme of all his therapies is metta, loving consciousness, this allows him to connect to each person and offer what is needed in that moment in order to create the space they need to heal themselves. He generally works on the floor mat utilizing a lot of stretching while working the various energy lines of the body, although he has also integrated many of the principles of these various styles into a luxurious style of oil massage on the table that works with the physical and energetic bodies to calm the mind and body in order to nurture the soul.

While in Thailand Eric has also been studying Chi Nei Tsang, a Taoist abdominal massage which literally translates as energy of the organs. Chi Nei Tsang offers techniques to release energyemotions that have been stuck in various organs of the abdominal area, the dumping ground of the body for stress, tension, and "negative emotions" that create unhealthy patterns in the body. The releasing of these stagnant energies allows the energy to flow more easily to the rest of the body, offering the body the space and energy it needs to balance itself. This is a wonderful treatment on its own and is also complementary to other healing treatments.

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### **Sarah Smith**

Sarah began her journey into yoga at the Mandala Yoga Ashram – which has close links with the Bihar School of Yoga - in Wales 15 years ago; this





was followed by time at other ashrams in India before undertaking the Sivananda teacher training in Kerala. Returning to the UK Sarah started to teach but continued to visit the Mandala Yoga Ashram and Swami Nishchalananda.

Sarah's interest in Hatha yoga also led her to do workshops and study with different teachers gaining insights into the various paths that students take from the more classical training she undertook in India to the dynamic and popular forms of Iyengar and Astanga. Sarah's teaching incorporates a unique blend of these different influences and styles.

Sarah undertook a further two years teacher training at the Mandala Yoga Ashram which is accredited by the British Wheel of Yoga. Her teaching has taken her all over the UK and to Sri Lanka where she has been teaching for the last 5 years for 6 weeks every year.

Sarah understands the anatomy and physiology of the body both through her yoga training but also as a qualified holistic masseur. Her bodywork led her into gaining a greater understanding of the relationship between the physical and the emotional, mental and spiritual – seeing and interpreting the behaviour patterns of the body. A lot of her yoga students have been with her for many years and it is the joy of seeing people start to move and behave differently as they literally "open themselves up" that is one of the true wonders of teaching yoga.

The morning classes will be more physical with stronger asana work but will always contain pranayama (breathing techniques) and relaxation and/or meditation. The afternoon classes will be gentler asana work with the emphasis towards deep relaxation through yoga nidra, pranayama and meditation. Sarah will hope to look at different forms of meditation and to spend time exploring the many directions this may take. In its most diluted form yoga can bring about a fitness regime and promote health and physical well being. In its most profound form, it can awaken in people true wisdom, joy and compassion.

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## **Amanda Hearn**

Amanda has studied a combination of Holistic therapies including Reflexology (incorporating Precision technique), Indian Head massage, and holistic body massage working with light or deep touch. More recently she has studied Qi Gong and meditation. Amanda uses a combination of



techniques and likes to adapt each treatment process to the individual client's needs.

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**Ven. Yogavacara Rahula - \*Special group. [Click here for details](#)**

Bhante Rahula was born in California and ordained as a Buddhist monk in Sri Lanka in 1975. He lived there ten years studying and practicing mindfulness/vipassana meditation with different teachers and living alone in secluded hermitages. He also studied yoga with Swami Gitananda in South India. His teaching integrates the practice of yoga and meditation. Since 1987 Bhante Rahula has been residing and teaching at the Bhavana Society Forest Monastery in West Virginia with Bhante H. Gunaratana. He also conducts meditation retreats in Germany and other parts of the world periodically.

Bhante Rahula has written several books: an autobiography entitled "One Night's Shelter; The Way to Peace & Happiness", a comprehensive study of the Buddha's Teaching; "Breaking Through the Self-Delusion", a booklet on vipassana meditation and "Traversing the Great Himalaya" a photo documentary of a spiritual pilgrimage in the Himalaya.

**Mindfulness Meditation with Yoga**

This retreat will emphasize mindful attention to the body and breathing as the foundation for cultivating awareness and insight into the deeper nature of our body and mental process. Slow deep breathing coordinated with mindful bending and stretching exercises are done to help this process. Periods of sitting, standing and walking will aid in cultivating a continuity of awareness of the present moment. The goal of mindfulness/insight practice is to become aware of our intentions which precede activity of body, speech, and thought in order to transform harmful habits which bring suffering into wholesome ones which conduce to peace, happiness, and wisdom. The Buddha's teachings of the Four Noble Truths inform the practice. How to carry this practice into daily life is given importance.

This retreat is suitable for beginners as well as experienced meditators. There will be nightly Dharma talks, chance for a personal interview, clear instructions, and guided meditations. Loving-friendliness (Metta) meditation will begin evening meditation.

For a detailed daily schedule please [email us](#).



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## **Maitreyi**

Yogacharini Maitreyi is a Practical Mystic and the Founder of Arkaya [www.arkaya.net](http://www.arkaya.net). She is originally from India where she absorbed the Yoga life. She has imparted the love for a balanced life to a wide variety of people in many countries like Sweden, Sri Lanka, Italy, Bangladesh and Canada.

She has trained employees from many top companies like Ford and Lever Brothers and consults on Holistic Living and Organic Management. Maitreyi was invited to be on the advisory board of the World Yoga council in Europe in 2006. She also received the Yoga Chemmal (Expert) award in India in 2007.

She has over 100 published articles in various magazines and newspapers and was a columnist for the Economic Times. She now writes a column called The Pacemaker for the Hindu national newsdaily in India.

She is building a loving global, conscious community and has founded a trust for slum children in India. The trust inspires people to love and honour mother nature and life through its various activities. She devotes several months each year to teaching dedicated yoga teachers in Vancouver, where she lives.

Yogacharini Maitreyi teaches Classical Yoga which is both gentle and deep. It rebalances one's physical, emotional and mental systems and realigns them with one's harmonious consciousness. It creates many attitudinal shifts and incorporates a broader perspective of life.

The Classical yoga she teaches incorporates hatha as well as raja yoga principles. It realigns and detoxifies the system. The physical and pranic (energy) practices are progressive so that the system is not overloaded. It is a step by step practical approach to healing and accessing one's potential.