



ABOUT YOGA

Welcome to a creatively evolving yogic form.

Bhava yoga, although rooted in Classical forms is a dynamic, centered, self exploration of the Physical, mental, emotional and self awareness side of the search for meaning.

Using both held and active forms of posture work, the evolving program caters for strength, flexibility, endurance and persistence in practice and aerobic fitness through breathing and creative movement.

As you become more involved in the physical side, a gradual understanding of how the mind and emotions are interlinked with the physical body begins to become apparent. Through this, you as an individual will begin to glean the more subtle energies that drive the path you travel through life. Patience and persistence in evolving a more balanced life is a path, at times, both frustrating and elating.

Once you make it part of your daily life, you will wonder how you did without it.

ABOUT PHYSICAL ALIGNMENT THERAPY

This is based on yoga therapy and the remediation of physical constraints that may hinder the effective use of your body as a vehicle to move through life with ease.

It incorporates passive and active physical movements together with muscle release work and the use of Nadi points, (Energy trigger points) to remediate physical ailments and more importantly, align the skeletal structure in order to allow the nervous system to function at its optimum.

The use of Polarisation and energy point tapping to help the process of alignment and balance are used once major problem areas have begun to be resolved.

These modalities are ideal for things such as lower back problems caused by disc degeneration and associated problems, knees, shoulders, neck and any musculo/ skeletal aches and pains. Sports people of all types would benefit greatly from these remediating techniques as would the elderly and the active young.

ABOUT MEDITATION

Meditation is an ancient form of connecting with the inner self. It is a part of every major religion on the planet and also a growing part of everyday secular society as a form of dealing with the busyness of life.

Through simple practices of quiet focus, connecting body, mind and the deeper self can transform the way we deal with everyday life. Life can become a joy and minimise or eliminate times of depression and “down periods” This inner connection is crucial to balance and wellbeing.

ABOUT THE TEACHER – Harry Rijs

A Yoga practitioner for forty years qualifying with the Bhava School of Yoga and Creative Dance in Warrandyte, Victoria.

A member of Yoga Australia his life journey is based on the principle of inter-connectedness between body, mind, emotions and the deeper self and how that relates to the broader context of the existence in which we find ourselves. The journey into the deeper self is a personal road that can be shared with others open to its possibilities.

Harry has a number of other tertiary qualifications and has been a Primary and Secondary school teacher for many years. His teaching style and techniques are well grounded in sound educational principles of learning and interaction with others.

His music background is of great benefit to the chant and music centered areas of Yoga. Sound and vibration techniques are used to promote the meditative state.

The Yoga and Alignment Therapy studio in Hobart opened after Harry moved from Melbourne over ten years ago.

“Your body is the vehicle. Your mind and emotions are the engine and the driving force. Your intuition and deeper self are the driver. Do you know who the driver is? The car can break down but the driver has the ability to fix it and can move on.”

LOCATIONS

Yoga, Small Groups and Individual Therapies - IN MY STUDIO

Upper Room, Wesley Church Hall
58 Melville Street Hobart (Side door entrance in the car park area)

Corporate Business Health and Fitness (for all staff) - AT YOUR PREMISES