



BHAVA YOGA CLASSES
YOGA-BASED MASSAGE
POLARIZATION THERAPY
PHYSICAL MOVEMENT THERAPY
RELAXATION & MEDITATION SESSIONS
VOCAL EXPRESSION WORKSHOPS

Greetings and welcome to the “Balanced Wellbeing classes. They are designed to allow you to gradually evolve an ever-increasing understanding of 4 main aspects of the human being:

1. Your body and its movement into remediating weakness as you move further into life’s journey.
2. Your mind and ways to help focus and direct the scattered nature of the brain and its activities.
3. Your emotions and how they relate to the body and brain via the nervous and endocrine systems.
4. Your conscious awareness of self, as an objective individual and subjective involvement within it.

Be patient with progress, focusing on the journey, resisting the urge to focus on your perceived goal.
Be aware of the small incremental improvements over time. Some changes take years to evolve.
Be self-encouraging by forming a habit of being mentally aware of your slightest improvements.

Be aware of the tendency for the body and brain to choose the undisciplined, scattered path, due to its in-built energy conservation patterns and the brains tendency to stay multi focused, a primal survival throwback, which the higher brain centers can be trained to balance and tune over time.



Techniques to improve the body, breath & inner awareness take time.

Be aware of part of you that will say you are not good enough or compares you to others. This is self defeating.

Reinforce your advances. This is your journey; No one else can do it.

90% give up health programmes, spending a lifetime searching.

Persist and be part of the 10%

From an organisational perspective, the classes are divided into 4 sections over one and a half hours.

The class begins with a short period of mind, body breath connection in a supine position.

The second section is a set series of warmups that prepares the body for the third part. These will take time to learn and evolve, so when you first begin you may only achieve a small amount. Do not be discouraged or “put off” due to lack of strength, tone or flexibility. **This will evolve over time.**

The third section is an ever-changing series of postures and movements, designed to connect the brain to the body through the breath, by aligning the skeletal structure, thus opening nerve paths, balancing the endocrine system and creating new nerve paths to the brain. This then allows the body to build in strength, tone, alignment and flexibility, helping the brain to increase interconnectivity.

The fourth section is meditation and relaxation.

FLOWING THROUGH THE RIVER OF LIFE

The seven modules containing the Eighty Four Sequences:

Like a river's journey, starting with the springs and ending at the sea:

Each sequence of postures and movements is repeated in every class for three weeks, with minor variations, depending on the people in the group, allowing regulars to reinforce progress and allows those who attend once a week to carry out the sequence three times. A new sequence then begins. All eighty four sequences draw from the seven modules upon which Bhava yoga is based. Each sequence carries aspects of some elements of all the modules.

Module One: *"Searching the springs."*

Twelve sequences: foundational basics, form, breath, focus and meditation. Module one sequences are focused on foundational aspects of posture form and breath connection. Its kinetic approach allows the greatest brain/body interconnectivity to enhance nerve path and brain, body memory. Each posture has a series of sub postures, each of which must be achieved in the order carried out before proceeding to the next sub posture and ultimately to the final form. It is advisable not to skip these sub postures, to give the breath a chance to connect in sequence as well. Simple relaxation and meditation techniques are also carried out to provide a balanced start.

Module Two: *"The moving, gathering rivulet."*

Here we take each posture separately and move through it continuously to allow the body to become accustomed to the movements and to build up a body, muscle memory, which then translates into an ease of movement to breathe connection while moving through the various postures. Breathing practice is focused on repetition as well, with each session being short but focused as is the meditation section of this block.

Module Three: *"Acquiring tributaries of self improvement."*

Here we focus on specific sequences to remediate physical difficulties and how to use daily routine sequences. The sequences target specific areas of the body such as the back, legs, core muscle strength and so on. As well as physical remediation sequences, we look at sequences that can be done at specific times of the day or to balance out various imbalances in your emotional state by focusing on particular chakra centers to balance energy. Endocrine, digestive, nervous, circulatory, respiratory and musculo/skeletal system sequences are also done in this module, designed to balance and settle these areas of the physical state. We look with more focus at breathing techniques and meditation.

Module Four: *"Faster flowing, ever growing"*

Here we use a Vinyasana flowing style of posture interconnection. We interconnect the small group of postures, within the sequence over the three weeks, so that the entire sequence flows together, interconnected by the breath. This further reinforces body memory as well as brain memory. The body's nerve paths are also part of the brain and are part of the memory system. This is why kinetics builds both memory and confidence over time, creating an ever-increasing body of knowledge and experience on which to base everyday life.

Module Five: *"Broad quiet pools and lakes."*

Postures held in an aligned static position: Here we take each posture and look at the alignment of the body while the posture is held in a static position, connecting the breath correctly with this position. It is very important in all the modules but particularly in this block, to become comfortable with each sub posture, leading to the final position. The sub postures gradually align the skeletal structure and allow muscles and ligaments to extend and ease out, without force and therefore minimises the possibility of damage while opening nerve paths throughout the body, maximising information relays.



Nothing is in isolation.

When you look into a mirror, you know you exist, unlike an animal. This self-awareness is YOU. Your body, brain and emotions are merely your vehicle and tools with which you travel through life. Care for them. Keep them strong, toned and flexible, to maximize the benefits.

When holding a posture, take it to the sub posture level with which you are slightly extended but never to the point of pain. **Be patient! Everything takes time and practice.**

Module Six: "Broad estuaries, the river mouth." The focus shifts to the breath. Taking the focus away from the form to the breath in all you are doing and how you are breathing. From where do you breathe? Not such a simple question once you begin to specify the breath within a posture. Nose, nasal passages, throat, trachea, lungs, and then the multiple muscles involved. Diaphragm, multiple abdominal muscles and deeper muscles such as the quadratus, psoas and iliacus muscles of the abdominal wall and then even lower down into the sacral area.

Module Seven: "Sailing the seven seas." Here we will explore other aspects of total health and wellbeing, using examples of other modalities and traditions that correlate with the yoga tradition to broaden and expand the mind and stimulate the continuing search for personal meaning. This is, after all why we are alive, to help ourselves create the reason for life and thus it's meaning for you personally.

Our similarities are far deeper than our differences. Our differences should then create unity in that appreciation of diversity and not fear of difference and change. To take sides can lead to conflict. To understand both sides can lead to harmony within this difference.

TAKE TIME OUT FROM LIFE ON THE OUTSIDE AND SEARCH THE INSIDE. MEDITATE DAILY. QUIET TIME AND A PERSONAL SPACE IS A CRUCIAL PART OF A BALANCED LIFE. FIND A BEACH, FOREST, A SPACE WITHIN YOUR HOME OR JUST WALK, BUT FIND THE TIME. COME AND PRACTICE REGULARLY AND BE PART OF THE 10 PERCENT THAT HAVE THE FORTITUDE TO PERSIST!

MEDITATION IS NOT HARD. PRACTICE AND PERSISTENCE CAN BE. Choose one of the many techniques I use in classes, for your home practice. Do not persist with long practice if it is not working. Five minutes of focus is better than half an hour of restless struggle BUT DO IT DAILY.

INDIVIDUAL ALIGNMENT THERAPY

Most of my individual clients have a weekly, fortnightly or 4 weekly, (depending on finances) one hour alignment therapy session. From birth, the skeletal structure which starts as a very flexible semi cartilaginous structure, firms and sets into a particular alignment, depending how the body is used during childhood and adolescence.. How you sit, stand, walk, sleep and exercise, determines the way the musculo/skeletal systems align. Everyone, including myself, needs misalignment correction. Try one 1 hour session and note its benefit, then think about having one once every 4 weeks to help correct alignment, thus freeing blocked nerve paths. When nerve paths are partially blocked, the messages from the brain are transferred falteringly. The body suffers and tires more quickly and becomes more prone to sickness and distress. This affects the hormonal balance in your brain and body, affecting your emotional state and your ability to handle life's ups and downs.

I can only recommend a course of action to maintain the body at its optimal for the age in which you find yourself. Whether you take up that option is a personal choice. Consider its benefits. Just ring on 0416078540 or talk to me for an appointment.

BALANCE and WELLBING for CORPORATE and BUSINESS PEOPLE

All the above modalities are available to businesses. Employers and employees will benefit greatly in attitude, approach to work, stress levels and general health with a once a week short alignment massage and exercise advice or even a once a week sauna for each person in the business. I have given this service to a number of companies over the years, both on a permanent basis, weekly, and sporadic workshops in health and wellbeing, giving ways to de-stress during the working day.