

Yoga Class

Bringing harmony and balance to all states of your being separately, creating a union to redefine and extend personal boundaries.

Exercises / Asanas will strengthen and increase the flexibility of your body providing a sense of well-being.

Breathing techniques cleanse, stimulate and increase the vital flow of energy within the body creating a feeling of positive awareness.

Deep Relaxation / Yoga Nidra will connect you with your mind, essential for peace of mind.

Meditation still your mind and achieve serenity even in times of outward stress.

Yoga Class

Limited places

Bookings essential
Located close to the CBD
The Gardens
DARWIN NT 0820

Call Amanda - 0403 229 521

Suitable for all fitness levels

Beginners Welcome

Yoga Classes

Suitable for all fitness levels

Relaxation & Meditation

Chronic Stress & Fatigue - 6 Week Program

Classes close to the CBD

Beginners Welcome

Also Delivering:

YOGA for Schools Programs

Supporting NTCF
Health & Physical Education Learning - Strands
&

Workplace Wellbeing Programs

Corporate, Workplace & Staff Training Days



For Information and Bookings
Call Amanda on M: 0403 229 521
or visit srianda.com.au



SRIANDA
supporting your wellbeing

YOGA CLASSES

Relaxation & Meditation

Raj Yoga Classes

Based on the philosophy and teachings of Swami Durgananda classes incorporate yoga postures, breathing techniques, deep relaxation and meditation.

Asanas / yoga postures help strengthen and correct the body structure, stretch muscles, massage internal organs, creating a positive foundation for a healthy body.

Pranayama / breathing exercises cleanse, stimulate and increase the vital flow of energy within the body creating a feeling of positive awareness.

Yoga nidra / deep relaxation - under the guidance of a qualified instructor one is taught the benefit of complete relaxation, this practice is essential for peace of mind.

Meditation – from the ancient form of Raj Yoga once taught only to initiates of the east.

The Benefits

Studies Show

People who practice yoga experience:

- Reduced Anxiety
- Are More Resistant To Stress
- Have Lower Blood Pressure
- More Efficient Heart Function
- Better Respiratory Function
- Improved Physical Fitness



Amanda Carlton, Wellbeing Consultant

I have a friendly / professional, creative approach to working with people. I aim to create a supportive environment for people to realise their potential, to live balanced, healthy and happy lives.

As a qualified Yoga instructor my studies include Mind Body Integration, Meditation, Meridian Function, Pain Management and Pre-Post Natal Care.



Breathing segment

Yoga Class Requirements

Please wear loose clothing, bring a blanket or shawl. Do not eat a large meal within 1 hour before a class, do not drink before class other than a few sips.

Qualifications / professional development

- Meditation Instructor - Samata Yoga Australia 2006
- Yoga Instructor - Samata Yoga Australia 2005
- Arthritis & Back Pain Management a short course - Dr. Daniel Lewis Specialist Rheumatologist at Monash Medical Centre 2004
- Reiki I & II / Usui System of Reiki - Laksmi Centre of Healing & Harmony 2002, 2003

Relaxation & Meditation - 6wk program

Learn skills to assist with chronic stress and chronic fatigue focusing on breathing, relaxation techniques, and meditation suitable for people with Fibromyalgia - FM, private session available .

FM Introduction - You hurt all over, and you frequently feel exhausted. Even after numerous tests, your doctor can't find anything specifically wrong with you. If this sounds familiar, you may have fibromyalgia.

Fibromyalgia is a chronic condition characterized by widespread pain in your muscles, ligaments and tendons, as well as fatigue and multiple tender points - places on your body where slight pressure causes pain. Fibromyalgia is more common in women than in men. Previously, fibromyalgia was known by other names such as fibrositis, chronic muscle pain syndrome, psychogenic rheumatism and tension myalgias.

Although the intensity of your symptoms may vary, they'll probably never disappear completely. It may be reassuring to know, however, that fibromyalgia isn't progressive or life-threatening. Treatments and self-care steps can improve fibromyalgia symptoms and your general health. From the Mayo Foundation for Medical Education and Research website.

<http://www.mayoclinic.com/>