Gitananda Retreat and AGM
‘Back to Basics:
Revisiting the Foundations of Gitananda Yoga.’
with
Yogacharya Dr. Ananda Balayogi Bhavanani
MBBS, ADY, DPC, DSM, PGDFH, PGDY, FIAY

16th - 18th November 2012
Riverglen Conference Centre
70 Kate Street Indooroopilly, Brisbane

Wonderful News!

We are delighted to announce that Dr. Ananda will give a public talk “Validating Yoga Therapy” which will take place at Riverglen on Thursday 15th November at 7.45pm.

Dr. Ananda will discuss the studies being done by the Yoga Research team at Jipmer Hospital and outline the progress being made in relation to accreditation of Yoga Teachers and Yoga Therapists in India, and tell us of the developments at the Ashram and the new City Centre in Pondicherry.

For those who are booking for the whole weekend there is a special price of $100 for this event. This includes Dr Ananda’s talk plus dinner, bed and breakfast.

For those who wish to attend for the evening only, there are two options:
- For $90 join us for a delicious two course dinner at Riverglen at 6pm
- For $60 attend the talk only.

Friday will be a free day for those staying the extra night; however options for tours, shopping etc. for those who may be interested are being researched.

Early Bird Fee finishes June 30th
If you have already paid a deposit the balance of $300 (or $400 for the extra night) is now due. After the 30th June the balance will be $350 or $450.

Please note that there are only 6 rooms left and rooms can only be held if a deposit is paid. For those who have already paid in full please indicate if you wish to take one of the options of the extra evening and pay the extra in cash when you arrive.
Current membership of the Association is a pre-requisite to attend the retreat; however yoga teachers and students from other traditions and who wish to learn more about Yoga in the Gitananda tradition will also be welcome to attend provided they join the Association. Membership of the Association is $30 and fees were due on 1st April 2012 current to 30th March 2013.

Weekend Programme

Topics for the weekend will deal with the Gitananda approach to:
• Yoga as life
• Ashtanga Yoga of Patanjali
• Yama Niyama
• Asana-Pranayama
• Dharana-Dhyana
• Mantra-Yantra – Tantra
• Mudra
• Relaxation

Registration:
• For those arriving Friday, registration in the Reception area front foyer will be from 4pm onwards
• please advise Murali of your Airline Flight number and arrival time in Brisbane: muralidharan33@yahoo.com.au

Directions from the Airport:
• Airtrain to Roma Street - Ipswich line to Indooroopilly then taxi to Riverglenn
• http://jp.translink.com.au/?gclid=CNan34Ot3LACFQoLPQod5aUQ
• a group taxi from the airport to Riverglenn may be a cheaper option if it can be arranged.

Directions to Riverglenn:
• From the city, take the Western Freeway (5) and exit left into Witton Road then right into Kate St.
• Riverglenn is on the Brisbane River next to Nudgee Junior College and the entrance is opposite the school playing fields.

Catering
• All meals are included and all food will be vegetarian and the retreat will be alcohol free
• Missed meals will be charged to us - so please advise me as early as possible if you will be arriving late on Thursday or Friday or leaving early Sunday or know that you will miss some meals.
• Special diets can also be catered for if notified. muralidharan33@yahoo.com.au

What to bring:
• Torch, insect repellent, hat and sun screen
• Yoga mat and rug if you are not able to bring a mat please let me know muralidharan33@yahoo.com.au

Book & DVD orders:
• Pre-ordered items will be available for collection at the retreat and must be paid for in cash.
GITANANDA YOGA RETREAT

Back to Basics

16th to 18th November 2011
Riverglen Conference & Retreat Centre
70 Kate Street
Indooroopilly
Brisbane, Queensland

BOOKING FORM

Name: ........................................................................................................................................
Name: ........................................................................................................................................
Address: .....................................................................................................................................
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Phone: ................................................................. Mobile: ..............................................
Email: ........................................................................................................................................

Retreat Fees (per person):
Weekend (Friday 5pm to Sunday 3pm) = $480 single $460 double
Early bird discount if paid in full before June 30th = $430 single (includes membership 2012-13)

Additional Thursday night talk
I wish to book with accommodation = $100 pp
I wish to have dinner and attend talk = $90 pp
I wish to attend talk only = $60 pp

Included in the weekend package:
• All sessions from Friday to Sunday
• All meals – vegetarian only
• All linen and basic toiletries are supplied.

Non-residential weekend bookings will not be considered until after August 31st 2012.

Sorry no credit card facilities available Payment can be made by cheque, money order or EFT. For EFT:
• Account name: Gitananda Yoga Association; BSB: 015-025; Account #: 498569383;
• Place your name in ‘Deposit Description’
• Confirm your payment by email to Murali
• Email: muralidharan33@yahoo.com.au

Please make all cheques or money orders payable to:
Gitananda Yoga Association, 26 Trevitt Road, North Ryde 2113, NSW, Australia