

**NZ**

**Takaka**

**Start date:** September 27

**Finish Date:** December 19

**Event Title: Explore Your 'Self' 2010 - Introduction & Intensive**

**Description:** Participate 1 week - 3 months: Explore Your 'Self' is an interactive Yoga Lifestyle Program where you will receive tools to broaden your awareness and intuition in daily activities. The first week of each month will ease you into living a yogic lifestyle. Face your personality and complexes by staying longer and going deeper into the exploration of the self through Karma (working with awareness), Raja (meditation) and Hatha Yoga (asana & pranayama).

Intro is required for each Intensive. If you have done "Explore Your Self" previously or have been to Anahata before, you may directly join the Intensive course. Open to all. Beneficial for yoga teachers and deepening your personal practice

DETAILS: Each month explore a new theme and set of practices.

Theme: **Being Present**

Intro: 27th September - 3rd October

Intensive: 4th - 24th October

Chanting Focus: Bhagavad Gita

Meditation: Antar Mouna

Theme: **Sustainability**

Intro: 25th - 31st October

Intensive: 1st - 21st November

Chanting Focus: Hanuman Chalisa

Meditation: Pranayama & Ajapa japa

Theme: **Achieving Balance**

Intro: 22nd - 28th November

Intensive: 29th November - 19th December

Chanting Focus: Saundarya Lahari

Meditation: Exploring the Chakras

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Anahata Yoga Retreat

**Cost:** Intros (1 week) NZ\$395.

Intensives (Intros incl.) 1 mth NZ\$1395, 2 mth NZ\$2750, 3 mth NZ\$3995 w/ one week free!

**Event Contact Info:** +64-(0)3-525-9887

**Email:** [yoga@anahata-retreat.org.nz](mailto:yoga@anahata-retreat.org.nz)

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

**NZ**

**Nelson**

**Start date:** July 20

**Finish Date:** September 7

**Event Title:** **Yoga For Kidz By Kidz**

**Description:** With Sundari, age 13. She has lived in a Satyananda Yoga centre in New Zealand all her life. Sunnie, as she likes to be called, spends time each year in India where the children run extensive programs for other kidz. The main aim is to have fun and increase health while encouraging body and breath awareness. The kidz will experience yoga stretches and breath practices utilising games and active stories. There will also be short periods of relaxation, imagination and creative visualization to counteract the over stimulation of life in the modern world. Other activities may include yantra colouring, concentration games and singing positive songs.

Tuesdays 20th July - 7th Sept

8 Week Course

Age: 5-9yrs

Time: 4:00pm-4:45pm

Adult supervisor present.

End of course surprise yoga event. Details tbc.

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Hot Yoga Nelson, 20 Nile Street West

**Cost:** \$40 pay in full or casual \$7 per class

**Event Contact Info:** +64-(0)3-548-2298

**Email:** [hotyoganz@xtra.co.nz](mailto:hotyoganz@xtra.co.nz)

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

**NZ**

**Lake Taupo**

**Start date:** September 10

**Finish Date:** September 12

**Event Title:** **The Science of Mantra & Yantra**

**Description:** With Swami Muktidharma & Swami Karma Karuna. According to Tantra there are three powerful tools that bring the practitioner into the experience of expansion and liberation. These tools are Mantra, Yantra and Mandala. Explore sound vibration (Mantra) with corresponding geometrical forms (Yantras) to access and manage the different layers of the mind. These ancient therapeutic tools increase concentration, expand awareness, release old patterns, enhance relaxation and unleash creativity.

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Tauhara Retreat & Conference Centre, 60 Acacia Heights Drive, Taupo, Acacia Bay 3377

**Cost:** EARLY BIRD (Paid by 9th August) Inclusive of all meals and teachings

NZ\$285 in byo bedding unit and share accommodation 4ppl dorm rooms

NZ\$335 byo bedding self contained

NZ\$355 with Tauhara bedding

STANDARD (After Aug. 9th) Inclusive of all meals and teachings

NZ\$325 Total whole time in byo bedding unit and share accommodation 4ppl dorm rooms

NZ\$365 whole time byo bedding self contained

NZ\$385 whole time with Tauhara bedding

Day Price: NZ\$95 (lunch inclusive)

**Event Contact Info:** +64-(0)3-525-9887

**Email:** [yoga@anahata-retreat.org.nz](mailto:yoga@anahata-retreat.org.nz)

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

**Canada**

**Vancouver**

**Start date:** August 5, 6.00pm

**Finish Date:** August 5, 8:30pm

**Event Title:** **Swami Muktidharma - Vancouver August 2010:**

**Yoga Nidra™ - In Depth**

**Description:** With Swami Muktidharma. Experience relaxation in the deepest sense. Learn a simple but powerful technique that has been scientifically proven to be a preventative and curative tool to counteract psychosomatic diseases. Satyananda Yoga Nidra™, derived directly from ancient Tantric texts, is a meditation technique used to explore the unconscious mind and for unlocking spiritual potential. Learn the theory and experience the practice!

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Inner Space Yoga, Gastown, 100-247 Abbott St, Vancouver, BC

**Cost:** early bird price is \$45 (before the 25th July), standard \$60

**Event Contact Info:** +1-604-689-1331

**Email:** [info@innerspaceyoga.ca](mailto:info@innerspaceyoga.ca)

[www.innerspaceyoga.ca](http://www.innerspaceyoga.ca)

**Canada**

**Vancouver**

**Start date:** August 7, 1.00pm

**Finish Date:** August 7, 5.00pm

**Event Title:** **Swami Muktidharma - Vancouver August 2010:**

**Prana Vidya**

**Description:** With Swami Muktidharma. Prana (energy) vidya (knowledge) is an ancient and powerful practice. Through this practice you will gain knowledge of the nature of prana and awaken to new dimensions of awareness. Go to the deeper levels of the breath and learn meditation techniques for focus and concentration.

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Scotiabank Dance Centre, 677 Davie Street, Vancouver, BC

**Cost:** early bird price is \$80\* (before the 25th July), standard \$100\*(\*prices do not include tax)

**Event Contact Info:** +1-778-829-5862 (Shivani)

**Email:** [info@puraluna.ca](mailto:info@puraluna.ca)

[www.thedancecentre.ca](http://www.thedancecentre.ca)

**India**

**Jharkhand**

**Start date:** October 20

**Finish Date:** October 29

**Event Title:** **Chakra Sadhana - India Retreat 2010**

**Description:** With Swami Muktidharma & Swami Karma Karuna. At the home and heart of Paramahansa Satyananda, this 10-day retreat provides an intensive focus on the chakra system, through a process of purification and stimulation of the energy centres.

A comprehensive integral course guided by Swami Muktidharma, including field trips, private session, information packet, books and meditation cd.

Use Asana, Pranayama, Meditation, Vibration techniques, Shatkarmas and other specialised practices to stimulate, purify and open the Chakras in a practical way.

Be inspired by in depth talks on the Chakras including deep insights from Swami Satsangi (Director of Rikhia).

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Bihar School of Yoga (Rikhia Ashram), India

**Cost:** US\$995

**Event Contact Info:** +64-(0)3-525-9887

**Email:** [indiaretreat@anahata-retreat.org.nz](mailto:indiaretreat@anahata-retreat.org.nz)

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)

**India**

**Jharkhand**

**Start date:** November 1

**Finish Date:** November 7

**Event Title: Prana Vidya - India Retreat 2010**

**Description:** With Swami Muktidharma & Swami Karma Karuna. Experience the scientific and esoteric aspects of the subtle breath and body, including practical techniques for awakening the energetic fields. Heighten your perception of prana, learn techniques to direct energy for healing others and the self.

"Prana (energy) vidya (knowledge) is an ancient and powerful psychic practice. The immediate aim is to awaken and manipulate prana consciously, and by developing subtle awareness, to perceive and gain knowledge of the nature of prana which in turn leads to new dimensions of awareness. It is concerned with both the expansion of consciousness and the awakening of prana" - Swami Niranjanananda

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Bihar School of Yoga (Rikhia Ashram), India

**Cost:**US\$400

**Event Contact Info:** PCO +91-9304488889, Ashram +91-9304799449

**India**

**Munger**

**Start date:** November 10

**Finish Date:** November 16

**Event Title:** **Ajapa Dharana - India Retreat 2010**

**Description:** With Swami Muktidharma & Swami Karma Karuna. The Ajapa Dharana Retreat is an in depth experience of this meditative system that utilizes breath, mantra and visualization to activate the whole energetic field and activate the inner circuits so that prana can flow freely. Ajapa Dharana practice awakens a deeper experience of existence, stimulating the dormant energetic and psychic potential that lies within.

[more details at [www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)]

**Venue:** Munger, India

**Cost:** US\$500

**Event Contact Info:** +64-(0)3-525-9887

**Email:** [indiaretreat@anahata-retreat.org.nz](mailto:indiaretreat@anahata-retreat.org.nz)

[www.anahata-retreat.org.nz](http://www.anahata-retreat.org.nz)