



Supporting and Nourishing the Joints

One-Day Dynamic Yoga Workshop with Colette Oram — International Yoga Teacher

Held at the beautiful Kumbada Studio in the lush haven of Melbourne's Dandenong Ranges



Open to beginners, those wishing to deepen their practice, and teachers interested in assisting students to protect the vulnerability of their joints during yoga posture practice.

This 6-hour postural workshop will present the power of yoga when based on sensitivity to sensations.

Morning session (9am-1pm): Through step-by-step instruction enquiry and exploration, you will find out why and how to support and nourish your joints during yoga posture practice.

Lunch break (1-2.30pm): You will have a 1½ hour break where a light lunch is recommended. There are venues close by or feel free to bring your lunch and eat at the venue.

Afternoon session (2.30-4.30pm): You may have questions that will be answered with enough time to explore in more detail some of the techniques used that make this form of yoga so incredibly beneficial.

Colette Oram is a Seasoned Dynamic Yoga Teacher and is permitted to teach the Dynamic Yoga Training Method worldwide. She has practiced yoga for over 20 years. A member of Yoga Australia, Colette operates Yoga House Oz in Queensland and runs workshops throughout Australia. To find out more visit www.yogahouseoz.com.au.

DATE

Sunday 21 October 2018

VENUE

Kumbada Studio
6 Ridge Road
Kalorama VIC 3766
www.kumbada.com.au

COST

\$75 per person

BOOKING ENQUIRIES

Colette Oram
Email: oram.col@gmail.com
Tel. 0432 355 133

PAYMENT DETAILS

Secure your place online at:
<http://bit.ly/YogaWorkshopOct2018>

WHAT TO BRING

All yoga equipment will be supplied, but feel free to bring your own mat.