

# “THE JOYS OF CHANGE”



WAYS TO EMBRACE CHANGE AND NAVIGATE OUR LIFE TOWARDS  
HAPPINESS, PURPOSE, LOVE AND JOY.

## 5-DAY EARLY MORNING YOGA INTENSIVE



*When: Monday 9<sup>th</sup> - Friday 13<sup>th</sup> January 2012*

*630am-815am (5 Mornings)*

*Investment: \$145/ \$130 conc.*

*Where: Chapel St Yoga, Level 1, Suite 6, 217 Chapel st Prahran*

*\*(Above Chapel st Bazaar btw High st & Greville st)*

*(The intensive is open to people of all ages, physical conditions and levels of experience. Each person practices to their own capacity.)*





*“Change is the Essence of Life  
Be willing to surrender what you are... for what you could become”  
Reinhold Neibuhr*

Have you ever struggled to embrace the big, yet necessary, changes in your life? Have you ever gripped or held on so hard to something, someone and some way of being, because it felt safe and the fear of letting go and changing paths seemed all too frightening and uncertain? Have you ever wanted to make some changes in your life but felt unsure as to how and when to make those changes? ...Or have you been struck by circumstances out of your control that have literally propelled you and your life into a radical change beyond your comprehension and understanding?

If these questions resonate with you and speak to your heart and soul then this is the intensive for YOU!!! Meditation Teacher, Inspirational writer and once Swami, Sally Kempton, says that Yoga and Meditation trigger a mysterious process, which she calls **“Karmic Acceleration”**, which means that yoga allows us to view our lives through a very different lens and can “speed up” the way our life choices, scenarios and relationships play out in our lives. For example, we stay for less time in unsatisfying jobs or situations...we move through or away from destructive relationships and/or uncompromising life circumstances...and sometimes when we are very resistant to change and get “stuck in a rut”, the Universe has this remarkable tendency of throwing us a curve ball, or create a HUGE life crisis to shake us up, wake us up or turn our lives around in a completely different direction. Hopefully if we can see these changes as perfect and Divinely ordered we can see them as wonderful opportunities for growth and personal development. Yoga and in particular the Tantric philosophical teachings certainly assist us along this path of change and help us to navigate along a more life affirming path, rather than a self destructive one, and when we choose to embrace change joyfully we find a sense of fulfillment and an uplifting energy that not only celebrates life, but is also quite infectious and inspiring to those around us. More importantly, when those life changes, lead us gracefully towards our “Soul calling” and life purpose (Dharma or more importantly our Sva Dharma) we step into a magnificent world of loving-kindness, passion, creativity and service to humanity that is the greatest change we can make. So many inspiring leaders who have paved the way, have inspired us through the changes that they have made, such as Gandhi who asked us to  
“Be that change we seek to see in the world”

I am continuously inspired by their teachings, sagaciousness and their well-travelled path of wisdom. I have been very fortunate in my life to discover my dharma and sva dharma and am thrilled to have the opportunity to assist you in finding yours through this intensive. John Friend, developed Anusara Yoga as a yoga practice, celebrating our hearts, opening to Grace and embracing the great river of change, finding ways to flow with this graceful rhythm of Shakti and Her continual union with the great ocean of Eternal Love. Anusara Yoga allows us to celebrate who we are and the greatness of our unique individuality. We celebrate the Universal by honoring the individual and the contributions that each one of us make towards positive change in the world...come join us and embrace the changes in your own life for the betterment of all mankind

Through the Tantric Philosophy, we will embrace every aspect of our lives with a sense of inclusion rather than exclusion, moderation over excess, knowing physical death is certain, investing into how we shall Live Eternally. In the Dance of Life...we discover ways to know when we are “out of alignment” when separated or disconnected and “in alignment” when connected and centered.

This 5-day yoga intensive will give you the opportunity to find ways of embracing change joyfully, through dynamic yoga asana and powerful yogic practices, kriyas, and the application of Universal principles of alignment through the experience and integration of tantric teachings. I will be providing and sharing new transpersonal gifts, tools, skills and modalities that will help to lead us towards following our “Souls Calling” towards Positive Change, Healing and our Dharmic Path, and we will spend time throughout the week developing deep Sankalpas that will ultimately lead us back to JOY and a more Fulfilled life.

Through the Gifts that have been passed on to me by my Great TEACHERS both known and unknown...both sacred and profane, both light and dark, both ignorant and wise...I thank them ALL for they continue to teach me the brilliant pulsation of change and the blessing of knowing, that One Source, that remains...Unchanged Eternal and Always Pulsing in a State of Bliss (Ananda) and Consciousness (Cit) Come join us and start your New Year with a positive change for you and your life ☺

***“LIFE IS CHANGE... GROWTH IS OPTIONAL ...CHOOSE WISELY”***

***William Somerset Maugham***

***Please Contact:*** Andrew Mournehis to secure space ***Ph:*** 0418121468 (mob) ***E mail:*** amournehis@divinegrace.com.au

***Please Note:*** Numbers are limited, and places fill fast, so early expressions of interest are advised.