

1 Day Short Course



# Yoga and Meditation: Philosophy & Practice

Learn the philosophies and health benefits  
of yoga and meditation



“

This course taught me how yoga and meditation can be used to achieve deep relaxation in a fun and informative setting ”

This workshop will teach you the techniques of Concentrative and Mindfulness meditation, helping to relieve stress, increase blood flow, lower blood pressure, enhance the immune system, decrease muscle tension, prevent headaches and reduce anxiety.

Put into practice the yoga asanas and meditation techniques after learning their origin and meaning. You will find this one day short course a relaxing and rewarding experience. This course is for anyone who wants to understand how and why practising yoga and meditation is beneficial.

**Participants should bring a water bottle, pen, and wear comfortable clothing suitable for practising yoga and meditation.**

## WHAT YOU WILL LEARN

Over one day participants will cover a combination of theory and practical skills:

- The philosophies behind the practice of Yoga and Meditation
- The importance of breath in practising yoga postures (Asana) and its benefits on the body
- Relaxation techniques
- The significance of hand mudras
- Types and benefits of differing kinds of meditation
- Tibetan breathing techniques

Each participant will receive a Yoga Asana Information chart

This course is accredited with ANTA for 6.5 CPE points

**1 Day Short Course**  
9am to 4:30pm

### Adelaide, Gold Coast & Perth

26 February 2012

16 June 2012

### Brisbane, Melbourne & Sydney

4 December 2011

29 January 2012

26 February 2012

15 April 2012

16 June 2012

### Cost

Public Price

Endeavour Student Price

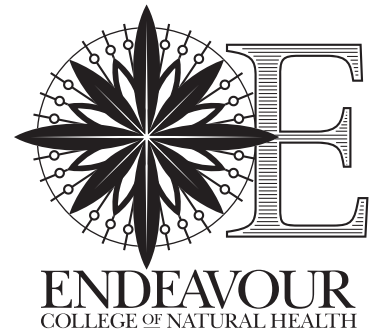
**\$195**

**\$150**

**To book please fill out the form on the back**

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of yoga and meditation



## DATE (Select your course date) – 1 Day Short Course 9am to 4:30pm

### Brisbane

4 December 2011   
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26 February 2012   
15 April 2012   
16 June 2012

### Melbourne

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### Adelaide

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16 June 2012

### Gold Coast

26 February 2012   
16 June 2012

### Perth

26 February 2012   
16 June 2012

## YES – BOOK A PLACE FOR ME!

Contact Name

Address

Phone  Email

Date of Birth  Student Number (if applicable)

Credit Card type: Visa  Mastercard  My cheque is enclosed

Cardholder's Name

Signature

Credit Card Number

Expiry date /

## BOOK ONLINE

[www.shortcourses.endeavour.edu.au/estore](http://www.shortcourses.endeavour.edu.au/estore) or call 1300 462 887

Email: [shortcourses@endeavour.edu.au](mailto:shortcourses@endeavour.edu.au)

## COST

Public Price **\$195**

Endeavour Student Price **\$150**

## CANCELLATION POLICY

Payment must be made upfront for any Endeavour Learning Group face to face or online Short Course booking. Bookings without payment are not considered secure bookings. Bookings that require an invoice will only be considered 'firm' for the term of that invoice.

Endeavour Learning Group reserves the right to cancel, close or reschedule short courses. In the event of Endeavour Learning Group cancelling or rescheduling a course, participants have the option of transferring their booking to an alternative date or transferring to a different course of equal value.

In the event that you are unable to attend you are eligible to transfer to an alternative date or course of equal value or send a substitute in your place however no refunds will be issued.

Short Course prices are correct at the time of publication.

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