

CELEBRATING YOGA FOR WOMEN

Nurturing Your Goddess Essence

January 2012

27th (Fri) 7:00-9:00pm Willoughby
28th (Sat) 3:00pm-6:00pm Bondi Junction
29th (Sun) 3:00-6:30pm Willoughby



Yoga workshops guided by two of the most evocative yoga teachers in Asia-

*Rebecca Pflaum (Chakra Ma) &
Sara-Shivani (Venus Yoga)*

**Start this new year by opening to
your highest potential as a woman.**

Open your heart, nourish your body
and activate your feminine intuition!



NIGHT SESSION
January 27th (Friday)
7:00-9:00pm

Lets open and nurture our sacred
centers through yoga that honors
your female body and mind.

Relationships, sensuality, creativity,
emotional fluidity, love and intuitive
knowledge will be themes that arise
for contemplative discussion and
inspire our yoga movement
sequences.

Learn yogic ways to physically
de-stress, emotionally detox and
enliven the goddess within.

End your busy week with a
nourishing experience and inspire a
new you in 2012.



AFTERNOON SESSIONS

**January 28th (Sat) 3:00-6:00pm or
January 29th (Sun) 3:00-6:30pm**

In these session we will delve deeper and
discover ways to approach 2012 with
confidence and power while honoring our
feminine nature.

From nurturing to activating our sacred
centers learn how to harmonize your
feminine and masculine qualities in order
to manifest your goals and dreams.

Experience the yogic way to thrive in a
male dominated world and take away with
you a fresh understanding of your unique
strengths and talents.

This will be a healing journey of self
discovery and energizing the goddess
within.

*Participation in both Friday night and one of
the afternoon sessions is advised but not
necessary.*

Facilitators

Rebecca Pflaum- Chakra Ma Yoga

Rebecca has been teaching the joy of movement for the past 26 years and dedicated herself to the study and practice of yoga and meditation for the last seventeen years. Rebecca has studied very closely with Gurmukh Kaur Khalsa and is certified through the Kundalini Yoga Institute. She has a specialized certification in pre-natal yoga and is a level 2 Reiki practitioner. Her passion is to share what she has experienced on this genuine journey so our lives can reach their fullest potential, richness and natural beauty.

Currently living in Singapore, Rebecca gratefully spends much of her time now traveling the world and sharing her fusion style of yoga-Chakra Ma, and the wisdom gained through life experiences. She has been married for 27 years, has lived and taught in 5 countries and is the proud Mama of 4 great sons who have been 4 of her greatest teachers.

www.chakrama.com

Sara Shivani- Venus Yoga

Shivani has trained in and taught various styles of yoga and healing massage in India, China, Bali and Japan (where she lived for a decade). Her strongest influences are grounded in Osho inspired Tantra, Tao and Kundalini traditions. Shivani is passionate about sharing the transformative powers of yoga as her personal practice allowed her to overcome severe asthma, allergies, back pain, menstrual pain, and emotional issues related to femininity and divorce. Shivani created Venus Yoga in order for women to have a female specific practice that allows them to honor the needs of their body and mind in order to heal faster, find more health and fulfillment in every aspect of life.

In 2010, Shivani returned to Australia to give birth to her first child. Applying Venus Yoga to pregnancy, childbirth and motherhood, Shivani continues to expand her studies into a spiritual and healing practice based on goddess embodiment, love and the beauty of life.

www.venusyogalife.com



"The synergy of Rebecca and Shivani during their goddess workshops is something that needs to be experienced first hand. Not only is it sacred to work and communicate with incredible women who gravitate towards them, but a profound and comforting connection with the feminine divine emerges in their presence. Although from different paths of life, their collaboration is extraordinary and if you are open to the experience will no doubt like me discover you sacred femininity. Highly recommended."

Asuka Naito

Radio host, literary manager & intellectual property developer.

VISONARY ART by
Nicole Mizoguchi

<http://www.nicolemiz.com>
www.facebook.com/nicolemiz

Soul Portraits, Mandalas, Classes.

Register early to ensure a spot!

Discount Price:

SAVE when you share this experience.

Invite a VIP (Friend, Sister, and or Mother) and register together to save \$10 each off the initial investment.

Investment:

Jan 27th (Friday) 7:00-9:00pm
\$30 (\$20 with VIP)

Jan 29th (Sunday) 3:00-6:30pm
\$55 (\$45 with VIP)

Venue: Yoganic www.yoganic.com.au

(02) 8084 1486 or 0411 607 759
Level 1, 551 Willoughby Rd, Willoughby

Jan 28th (Sat) 3:00pm-6:00pm
\$50 (\$40 with VIP)

Venue: KM YOGA www.kmyoga.com
02 9389 8343

Level 1, 28 Spring Street, Bondi Junction

Information:

Both workshops are for woman of all ages, backgrounds and yoga lineages.

Whether you're a novice or seasoned yoga practitioner, you will experience a fresh perspective on yoga and what it means to be a women in the modern world.

Please wear comfortable clothes (sporty yoga wear and your own yoga mat are not necessary).