

Groove with Grace

Urban Yoga Retreat Oct 2011

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Nile Yoga and **Katta on Currumbin** are pleased to bring to you an Urban Yoga Retreat with world renowned Meditation & Philosophy Teacher, **Carlos Pomedá**. Join us for a weekend in a beautiful contemporary beachhouse studio located in the rainforest bushland of Currumbin Hill overlooking the beach, with stunning views of Queensland's Gold Coast.

We will be exploring the topic of **Tantric Shaivism** in an interactive way, and discovering how the wisdom found from it can be used to enrich our lives in today's modern world. We guarantee it will be non-dogmatic, practical and relevant. You will also have the opportunity to experience some of the most powerful practice of Yoga, as well as Hatha Yoga Practice.

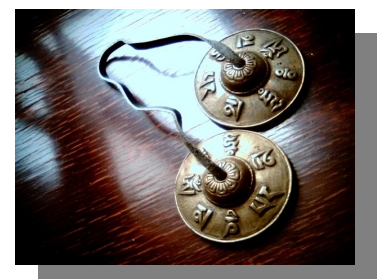
Hatha Yoga Teachers, Students, Spiritual Seekers or anyone interested in deepening their understanding in the philosophy, culture and spirituality of India will be fascinated.

Date	Time	Activities & Topics	Full Weekend	Individual Session	Full Weekend	Individual Session
			Early Bird		Full Price	
21 Oct 2011	6:00pm - 9:00pm	• Tantric Shaivism – An Overview	AUD410	AUD85	AUD475	AUD100
22 Oct 2011	8:30am - 5:30pm	• Hatha Yoga Practice (Optional) • The Foundation • The Secrets of the Body and the World		AUD185		AUD200
23 Oct 2011	8:30am - 5:30pm	• Hatha Yoga Practice (Optional) • The Power of Mantra and Words • Supreme Awakening: Tantric Meditation		AUD185		AUD200

EB – Early Bird Price offer ends on 1 Oct 2011. Please refer to program sheet for Details

"Carlos is a man who can be trusted to cut through the usual window-dressing of yoga and give me the real goods... a heavyweight... without being heavy, he has a jaw dropping range of knowledge."

Richard Rosen, Senior Reviewer, Yoga Journal
Author of Pranayama, Beyond the Fundamentals (Shambala,2006)



Carlos Pomedá



Originally from Madrid, Spain, Carlos has 35 years of experience in the study, practice and teaching of the yoga traditions. He received formal, traditional training in yoga during almost 18 years as a monk of the Sarasvati order, 9 of which he spent in India, in the Siddha Yoga Ashram, studying and practicing under the guidance of Swami Muktananda and Gurumayi Chidvilasananda.

During this time he learned the various systems of Indian Philosophy, immersed himself in the practice of yoga and became one of the senior teaching monks of the tradition—teaching meditation and philosophy to tens of thousands of students around the world. He combines this experience and traditional training with an academic background that includes two Masters' degrees: one in Sanskrit from UC Berkeley and another one, in Religious Studies, from UC Santa Barbara.

As a teacher, Carlos is known for his love of the Indian yoga traditions, his insight, his humor, his deep empathy with his audiences and his ability to convey the deepest scriptural teachings in a way that is clear, meaningful and applicable.

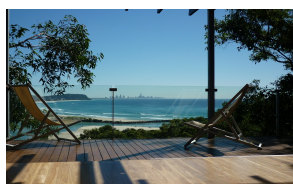
A student of Carlos Pomedá and a Hatha Yoga Teacher, Rebecca studies in the Anusara Yoga Tradition, and has been teaching and sharing her journey in Yoga for the past eight years. Her approach is radical, embracing and empowering, allowing students to constantly explore and unleash their innate wisdom. Rebecca has studied with a variety of teachers, and is especially grateful to Carlos and Patrick Creelman for their love, guidance and support. Founding Nile Yoga in 2006, Rebecca teaches and resides between Singapore and Australia. She has taught at Charity Events at Asia Yoga Conferences, Hong Kong, and holds Yoga Retreats in Thailand.

"Rebecca is gifted with excellent communication skills, heightened with the ability to see people in an understanding and embracing way." ~ Patrick Creelman, Certified Anusara Yoga Teacher

Rebecca Ng



RSVP



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- Price includes Coffee and Tea, and Lunch on Sat & Sun.
- Participants may confirm their spot with Michael or Rebecca with a 50% non refundable deposit.
- For those participating in the Hatha yoga practice, please bring your own yoga mat.
- You are encouraged to bring any tools (cushions, bolsters, back support, etc) to help you sit comfortably during the talk. Some chairs will be provided.
- Information of this retreat, including Program Sheet and Registration form would be available for download at nileyoga.com after 15 Aug 2011.