

Rajashree Choudhury



Rajashree Choudhury started training in yoga when she was four. She was a five-time winner of the All-India Yoga Championship from 1979 to 1983.

She graduated in Hatha Yoga Therapy for chronic diseases and disorders.

With over 40 years experience in yoga, (15 in the East and 25 in the West), Rajashree's special focus has been on how yoga balances the emotions and the energy of the human body and impacts not only disease, but also the body/mind/soul connection that constitutes vibrant health.

After more than ten years of teaching yoga in the United States, she also helped her husband create the highly successful Teacher Training program. She conducts seminars on the countless benefits of yoga and personal development worldwide.

This workshop is for anyone interested in knowing more about the benefits of yoga, whether an experienced practitioner or just starting out. Rajashree will explain how the postures work, how to execute them correctly, and how to get much more from your practice. No yoga experience is required.

If you want more from life, and a better holistic approach to wellness, health and vitality, this day is for you.

Bikram Yoga Seminar

Date: Saturday, August 7, 2010

Venue: Parkside 110,
Darling Harbour Convention Centre,
Sydney
www.scec.com.au

Fees: Yoga Student & Public: \$150
(Early Bird \$125, if paid by July 24)
Certified Teacher Recertification: \$75

Bring: Yoga mat, towel, water bottle, yoga-wear, and comfortable clothing.

Program:

8:30am - 9:00am	Registration
9:00am - 10:00am	Lecture
10:00am - 11:30am	Posture Clinic
11:30am - 1:00pm	Lunch
1:00pm - 2:00pm	Posture Clinic
2:00pm - 3:30pm	Yoga Class
3:30pm - 4:30pm	Meditation & Group Talk

Brought to you by the Bikram Yoga studios of Sydney
Contact your local studio for tickets
REGISTER TODAY to avoid disappointment. This will sell out.