



Yoga Workshop

Power Yoga Workshop with Duncan Peak

Experience world-class teaching and one of the most popular styles of Yoga in a dynamic workshop led by the industry's best, Duncan Peak. Learn how through the power of yoga we can set ourselves free from our minds to let our authentic, true-self shine bright!

About Duncan Peak

Duncan Peak, a former elite paratrooper and competitive athlete, and now among Australia's most popular Yoga teachers, teaches Power Yoga around the world and leads several teacher trainings, retreats and workshops every year. Duncan has trained some of Australia's biggest sporting personalities, athletes and celebrities and owns and operates Australia's busiest yoga studio, Power Living Australia in Sydney.

Morning Workshop - Power In Presence – Power Yoga Basics

Learn to use your Power Yoga practice as a dynamic workout for the body and a complete release for the mind. Join world-class teacher Duncan Peak as he breaks down the Power Yoga sequence and delivers a deeper understanding of the foundations of the practice - breath, spinal alignment and bandhas (energetic locks).

By developing an intuitive awareness of correct alignment, modifications and ways to progress the asana, we can design a practice to suit the needs of our own unique bodies and ultimately experience the presence within.

Afternoon Workshop - Defy Gravity and Awaken Your Spine – Power Yoga Inversions

Defy gravity and awaken your spine in this strong, flowing session focussed on backbends and inversions. Understanding the principles of inversions as demonstrated by world-class teacher Duncan Peak. Learn to safely explore postures from handstand to deep back bending and develop total body strength and the suppleness of a healthy spine. Leave old fears and limitations behind and be ready to challenge yourself as Duncan leads you through a Power Yoga sequence to activate your core, extend your spine and expand your spirit.

WHERE

Gold Coast Yoga Centre
Unit 37/No.2
Eighth Avenue
Palm Beach 4221

WHEN

Sunday 15th February 2009
10.00am - 1.00pm
3.00pm - 5.00pm

COST

\$100.00

CONTACT

Ph. 07-5534 2883
E-mail: yoga88@bigpond.com
www.goldcoastyogacentre.com