

# A Drop in the Ocean



*"We are but drops in the ocean of life but without these drops there is no ocean".*

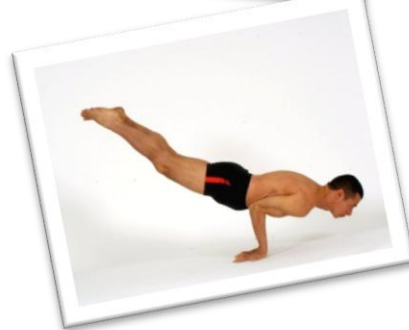
*The focus of the retreat is Asana and Meditation giving you the opportunity to deepen and rejuvenate your personal practice. Creating internal stillness and silence. This deeper awareness will allow the discovery of your true nature and inner Self.*

*Away from the rigor and distraction of daily life, the venue for the retreat is Satsanga a small intimate retreat centre on the outskirts of Goa (India).*

*All meals are provided and are Ayurvedic.*

*The morning sessions will begin with Bandha and Pranayama followed by an Asana practice.*

*The afternoon will be Meditation and Satsang; a discussion of the Yoga Sutras and the Bhagavad Gita. Focusing on their relevance and lesson's for a modern world. One afternoon will include an Ayurvedic*



*The Retreat is from the 20 to 27  
October 2012*

*The retreat is for 6 days and 7  
nights and is suitable for beginners  
to advanced practitioners*

*The cost includes all meals,  
accommodation and yoga classes.*

*Twin Share A\$1350*

*Single A\$ 1700*

*Please note there are only 6 single rooms*

**For further information please  
contact**

[www.akashayoga.asia](http://www.akashayoga.asia) or  
[donpeers@yahoo.com.au](mailto:donpeers@yahoo.com.au)

Don Peers has been practicing Yoga since 1993. In 2000 he finished a 3-year teacher-training program at Yoga Synergy (Australia). He has also undergone teacher training with Tim Miller (Ashtanga Vinyasa) and at KYM with Sri Desikachar (India). Don is registered with the Yoga Alliance as a Senior Teacher.

Among the teachers he has studied and practiced with are Sri Pattabhi Jois, Rodney Yee, Donna Farhi, Clive Sheraton and Sri O.P.Tiwari. Don has lived in India, studying, Meditation, Pranayama, Kriya and the philosophical systems of Yoga, Samkhya and Vedanta with Swami Anubhavananda, Swami Dayananda Sarasawati and Sri Sraddhalu Ranade.

He also studied with senior Theravada Monks in Thailand and Cambodia and been on retreat with the Venerable Thich Nhat Hanh. He has studied and practiced various forms of meditation including Charka, Samatha, Vipassana and Zen. He believes the true measure of our spiritual practice is how we live our lives.



AKASHA YOGA is an Australian registered  
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Namaste

The following is a brief outline of the Retreat;  
The fee includes all yoga sessions, accommodation, and all meals  
Which are Ayurvedic and one Ayurvedic cooking lesson.  
It does not include airfares or airport Transfers.



### Schedule

20<sup>rd</sup> October 2012: arriving at Satsanga Goa, India

6pm meeting at the dining Hall

21<sup>th</sup> October to 26 October 2012: 7:30am - Kriya and Pranayama practice followed by Asana practice

4:00pm till 6:00pm - Satsang on the "Yoga Sutras" and Meditation Class

24 October Ayurveda cooking lesson.

27<sup>th</sup> October 2012: Departure





### **Terms and Conditions**

A 50% deposit is required to secure a place on the retreat (please note that all Bank Transfer fees are payable by registering students). Notice of cancellation must be received by 1<sup>st</sup> August 2012 for a full refund minus transfer fees. If there is a cancellation after 1<sup>st</sup> August 2012, the deposit will only be refundable if the place is taken by another booking. Full Payment is due 1<sup>st</sup> August 2012.

Transfer details will be emailed upon registration. A confirmation receipt will be sent by email When the transfer has been cleared.

**Please feel free to contact me if you have any further questions. +61 0412152257 or [don@akashayoga.info](mailto:don@akashayoga.info) or [donpeers@yahoo.com.au](mailto:donpeers@yahoo.com.au)**

## Satsanga Resort:



**Please Note:** All rooms are twin share But we are offering a limited number as single rooms.

**Please fill in and email the registration form to [donpeers@yahoo.com.au](mailto:donpeers@yahoo.com.au) or to [don@akashayoga.info](mailto:don@akashayoga.info)**

## **Registration Form**

NAME:

AGE:                      SEX:

PHONE:                      EMAIL CONTACT:

EMERGENCY CONTACT:

INGLE OR TWIN SHARE:

YOGA EXPERIENCE:

WHEN DID YOU START PRACTISING?

CURRENT NUMBER OF TIMES YOU PRACTISE PER WEEK:

WHAT YOGA SCHOOL DO YOU PRACTISE WITH?

DO YOU CURRENTLY HAVE A PRANAYAMA OR MEDITATION PRACTICE?

PLEASE DESCRIBE YOUR PRACTICE:

INJURIES: (PLEASE ALSO INCLUDE PAST INJURIES OR OPERATIONS THAT MAY AFFECT YOUR PRACTICE)