



# Deepening Your Practice



*The Retreat is from the 31st October till 14th November 2010*

*Students can book for one or two weeks and the retreat is suitable for beginners to advanced practitioners*

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

*Single 1 week €950 Single 2 weeks €1750*

*Share 1 week €740 Share 2 weeks €1350*  
Please note there are only 6 single rooms and 8 twin share rooms.

For further information please contact [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 (Sydney, Australia) with Simon Borg-Oliver. He has also undergone teacher training in Vinnie yoga at KYM with Sri Desikachar (Chennai, India) and Astanga Vinyasa with Tim Miller (Encinitas California, USA).

Among the teachers he has studied and practiced with are Sri Patabi Jois, Rodney Yee, Donna Farhi, Clive Sheraton, Tim Miller, Lino Miele and Sri O.P.Tiwari. Don has lived in India, studying, Pranayama, Kriya, Meditation, Samkhya, Yoga Darshana, and Vedanta with Swami Anubhavananda, Swami Dayananda Sarasawati and Sri Sraddhalu Ranade. He believes yoga is an inward journey; how we undertake that journey is as important as the final destination.

*This is an opportunity to focus on your personal practice, as we explore and experience the deeper Yoga practices creating internal stillness and silence.*

*This deeper awareness allows the discovery of our 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 Kriya, Bandha and Pranayama followed by an Asana practice.*

*The afternoon will be Bandha, Pranayama and Satsang; discussing the Yoga Sutras and the Bhagavad Gita and their relevance and lesson for a modern world. One afternoon will include an Ayurvedic cooking lesson.*

