



Nature Care College

Breathe New Life into Each Day

DESCRIPTION:

Start your New Year afresh with this highly experiential and uplifting one day workshop! Unleash your inner vitality with simple and effective yoga, breathing and relaxation techniques. Experience the balancing of your moods and how to anchor a positive, calm state of mind. You will gain practical tips to take into the year ahead in how to relieve stress, tensions and anxieties that accumulate from your daily activities or workload. You will take home your own personalised 10 minute practice to incorporate into each day.

**ABOUT
SINDAR KAUR:**

Sindar is the Head of Department Yoga and Senior Trainer at Nature Care. She is multi-skilled and brings more than 30 years of experience in the fields of meditation, yoga and mind-body practices, with a depth of knowledge in education, clinical and corporate settings.

She is a path setter and leader for higher yoga education. Her work in the breathing sciences (pranayama) has attracted invitations to various conferences in Australia, Korea and Italy. She also writes a Q&A pranayama column for Australian Yoga Life, a nationally syndicated yoga magazine.

At the heart of Sindar's teachings is creating opportunities for each individual to discover and experience healing, and so bring healing to the world, through the practices of meditation, yoga and ayurveda, and mind-body energy medicines.

As well, Sindar trains and mentors graduate yoga teachers, meditation facilitators and sincere seekers of knowledge. She also offers one-on-one meditation training, life coaching and energy healing at her private holistic practice in Lower North Shore.

DURATION:

One day workshop (6 hours)

**WHAT TO
BRING:**

Please wear comfortable loose clothes & bring a notebook and pen. You might also like to bring a shawl for covering.

**AFTER THIS
COURSE:**

You might like to consider the following related short courses:

- Time Out for You!
- Pastels, Paint, Passion... and PLAY!
- Foundations of Yoga Practice
- Smiles, Laughter and Happiness!
- Meditation 1 (Meditation Facilitator's Certificate)

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