

IYTA WORLD YOGA CONVENTION, SYDNEY, 16-19 SEP 2010

MINI PROFILES OF PRESENTERS AND SESSIONS

MAJOR PRESENTER – DR ANANDA BHAVANANI

Director of the International Centre for Yoga Education and Research

Dr Ananda is a warm, informative and entertaining speaker. He has much to offer from his lifelong, intensive studies of all aspects of yoga, and from the influence of his eminent and revered parents, Yogamaharishi Dr Swami Gitananda Giri (the late “Lion of Pondicherry”) and Smt Meenakshi Devi Bhavanani. He is trained as a doctor and has undertaken a number of scientific medical research projects on yoga with the prestigious University Hospital JIPMER, Pondicherry.

Dr Ananda will address the Convention theme of ‘Re-Union in Yoga’.

Supporting presenters

Michael de Manincor, President of the Yoga Teachers’ Association of Australia

Michael is a senior teacher and President of the YTAA, and is the Founding Director of Yoga Sanga and the Yoga Institute in Sydney, dedicated to training and professional development of yoga teachers. He is also a registered specialist Counselling Psychologist and brings together a range of skills and experience particularly in the area of mental health and personal development.

Michael will be presenting a session on Yoga Psychology and Mind-Body Health.

Dr Swami Shankardev Saraswati, Satyananda Yoga

Dr Swami Shankardev Saraswati is an eminent yoga Acharya, medical doctor, yoga therapist and internationally acclaimed author and teacher. His innovative teachings integrate western psychological medicine and psychotherapy with eastern methods of mind-body development.

Dr Swami Shankardev will present two sessions – one on Reunion with health - Yoga Psychology and Yoga Therapy; and the other on Reunion with consciousness - Mantra yoga.

Louise Wiggins, IYTA South Australia

Louise Wiggins has been presenting "Yoga to Health" workshops and retreats, throughout Australia and New Zealand as well as her own classes for more than 20 years. She has been a major presenter at previous IYTA conventions and workshops.

Louise will present two practical yoga class style workshops, on The Oneness of Yoga in Harmony with Nature, and on The Chakras.

Petrea King, CEO, Quest for Life Foundation

Petrea King is the Founding Director and CEO of the Quest for Life Foundation. Since her unexpected recovery from leukaemia in 1984 Petrea’s presentations, writings and residential programs have inspired and encouraged people facing life’s greatest challenges to make meaning of their circumstances. She is nationally recognised as a leader in the field of spiritual well-being.

Petrea will present a talk on The Point of Stillness.

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Leigh Blashki, Director, Australian Institute of Yoga Therapy

Leigh Blashki developed Australia's first government accredited Yoga teaching program and the country's only accredited Yoga Therapy training program, the Graduate Certificate in Yoga Therapy. He has 35 years experience as a Yoga teacher and 20 years as a Yoga Therapist.

Leigh will present a session on Restoration from Adrenal Overload or 'Burn-Out'.

Sevapuri, President, Australian Association of Yoga in Daily Life

Sevapuri Hurst is a Senior Teacher of the System of "Yoga in Daily Life", which he has been teaching for 13 years, representing the Association at conferences and workshops both in Australia and overseas. He is also Yoga Teacher Trainer Coordinator for the Association.

Sevapuri will be presenting a practical workshop on The Chakras.

Barbara Lee, IYTA Victoria State Representative

Barbara completed her IYTA teacher training in 2001 and has been teaching in Community Centres & schools since. As a midwife she uses her yoga skills to enhance her support of labouring and post natal Mums (and Dads) to nurture a peaceful entrance into this world for 'her' bubs. Barbara has undertaken studies in Antar Mouna, Yoga Nidra and Yoga for Depression.

Barbara will present a session on Relaxation Techniques, exploring both theory and practice.

Margo Hutchison, IYTA South East Queensland

Margo was introduced to Yoga in 1963 and has been a Full Member and IYTA committee member for 37 years. Her teaching style reflects the inspiration of her studies, combining her background in nursing and massage with the tools and techniques of Hatha Yoga.

Margo will present a session on Ageing with Grace, based on Gitananda yoga practices.

Karen Nicoll, IYTA New South Wales

Since commencing yoga in 1972, Karen Nicoll has been on a transformative journey discovering the physical, mental, emotional and spiritual aspects of yoga. Karen graduated from the IYTA Teacher Training Course in 1985. Now, as well as teaching regular yoga classes in Newcastle, Karen leads yoga and meditation workshops, and yoga retreats throughout Australia for yoga students and teachers.

Karen will present an asana class on The Art of Balance.

Mary Louise-Parkinson, IYTA New South Wales

Mary-Louise first learnt the science of Yoga at secondary school. She has been practising and teaching yoga ever since. She is qualified with IYTA, Dru, is a holistic counsellor and spent 20 years in senior management in the IT industry. She also runs Dharmik, an Australian registered charity devoted to helping homeless children in Nepal.

Mary-Louise will present a workshop on Follow Your Dharma.

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Trish Brown, Co-Director, Dru Australia

Trish Brown is an international Dru Yoga Teacher trainer and also a qualified IYTA teacher. She tutors on Dru Yoga and Dru Meditation courses and retreats in Australia and at the Dru UK centre in Wales annually.

Trish will present a practical Dru Yoga-based workshop on The Koshas, which will show how to transform challenging emotional states into creative dynamic energy.

Anne Nakhoda, IYTA Representative in Singapore

Anne Nakhoda was born and educated in Ireland and has lived in Singapore for 40 years. She has been a student, enthusiastic practitioner and teacher of yoga since obtaining her IYTA diploma in 1987. Anne has been developing her interest in mudras since 2001.

Anne will be presenting a session on The Prana Nadi Mudras, which channel the breath, and the Merudanda Mudras, which channel the flow of prana into the spinal column.

Wendy Batchelor, former President of IYTA

Wendy Batchelor is coming over from France where she now lives, specially to be at the Convention. She has a deep interest in nature and its influence upon us; and runs special retreats to help people to connect more deeply with the earth's energy.

Wendy will be presenting two yoga class style sessions, both on the theme of asana practice with earth awareness.

Early morning yoga classes will also be presented by IYTA members including Cheree Price, and Committee of Management members Mary Shellens and Karen O'Toole.