

Amrit Yoga is a deeply spiritual and transformative practice of Yoga where poses are performed slowly in a state of meditation. As the student moves through a set sequence of postures a focus on alignment, on the body and on breath work helps draw attention inwards. This allows the student to enter the subtle energy body more deeply, and releases blockages in the emotional, physical and spiritual body. Movement into and out of yoga poses is slow and graceful; poses are held for some time. There is both gentleness and rigour to the poses - as intensity builds each student can approach their edge and find their inner equilibrium. The physical intensity and inner focus becomes an anchor for integration and periods of meditation are interspersed throughout the sequence. The body and the breath are used as a vehicle for deep integration of heart, mind, body and soul. This authentic practice of yoga and mediation combined brings a deep sense of peace, union, stillness and liberation.

Amrit Yoga is Meditation in Motion! Strengthen, lengthen and Integrate! An authentic way to connect with your true self.

Amrit Yoga was developed by Yogi Amrit Desai following a spontaneous Kundalini awakening experience in the 1970's. Yogi Desai, lovingly called Gurudev, was one of the first yogis to travel from India to America in the 1960's and develop a yoga practice suited to Westerners. He has been a pioneer in instilling the spiritual dimension into the practice of Hatha Yoga.
(www.amrityoga.org)



Margaret Woods, who will guide you on your Amrit Yoga journey.

I am a qualified teacher of Amrit Yoga and a member of Yoga Australia. I am particularly passionate about helping guide people to a greater awareness of their body, mind and spirit and the way yoga can help transform their lives. I look forward to introducing you to the practice of Amrit Yoga.

In this 8-week introductory course we will focus on different themes each week. I will gradually introduce you to the series of poses or asanas of the Amrit Yoga sequence and teach you the basic techniques and principles of movement and the specific physical, therapeutic, emotional and mental benefits of each pose. It doesn't matter what age you are, or what is your level of fitness or flexibility, this practice will help you to work within your health or body limitations. There is no expectation of perfection in a pose. The beauty of yoga is the refinement of your own practice – a gradual unfolding and awakening of your practice which evolves over time.

“Perfection is not necessary; there is no arriving; only going.
There is no need to judge where you are in your journey.
It is enough that you are travelling”.
(Yogi Amrit Desai)