



WELLNESS WEEKEND
at
AMANJIWA SANCTUARY
Kuala Lumpur

Featuring:
KRIYA YOGA with MATTHEW EXLEY
And more...

April 6-8 2018

Our journey at Amanjiwa Sanctuary takes us deeper into our learning and practice of Yoga, Chi Gong, Nutrition and its effects on Wellness. We have invited Matthew Exley, Founder of Twisting Fish Yoga Studio in Perth, Australia to share with us his knowledge and practice of an ancient traditional yoga – Kriya Yoga... a practice that brings total relaxation and rejuvenation to the mind and body. Kriya Yoga facilitates the expansion of awareness, to access higher states of consciousness, energy, wellbeing and joy.

Energy is your currency in the world, how are you using this most valuable resource? **The greatest gift you can give is your awareness to your thought, word and action in alignment with clear intention.** This offers you the potential to bring about self-responsibility, enabling an expression of authenticity, energy and love.

This workshop will cover the practices of asana, pranayama, kriya and yoga nidra. Combined with other ancient practices like Chi Gong and Tai Chi, these practices will create a change in the nervous system allowing deeper relaxation and calmness to expand one's awareness

You will Learn :

- The traditional 18 Yoga postures the ancient Siddhas yoga masters practiced.. They were chosen from the hundreds of yoga postures available and paired together as the main postures for their effect on the mind and body. They create relaxation and rejuvenation to increase the body's vital energy, towards the higher states of yoga.
- Pranayama and meditation techniques to uplift the mind and body in preparation for expanding awareness.
- The relationship between the Gross(Physical) body and subtle(energetic) body and how the practice of Kriya yoga helps to purify energy , eliminate energy blockages and awaken our subtle body.
- A continuing program on the choices and preparation of sattvic food – plant based foods to nourish and purify the mind body and soul – in line with goals of elimination of energy

blockages and increasing the body's vital energy. You will be tempted with sattvic plant based foods and be taught is a more formal workshop setting WHAT sattvic food choices are best for your mindbody and soul, WHERE to source for these foods and more importantly, HOW to prepare these foods for yourself and your family.

- You will learn ancient CHI GONG and Tai Chi practices that complement Kriya Yoga or perhaps are the precursors to Kriya Yoga.
- You will be encouraged to partake in organized activities that again, gives you that energetic experience of connecting to the SOURCE and experience your own true inner being.
- And more.....

Teachers: Matthew Exley is the founder of Twisting Fish Yoga studio and has been given permission by the directors of Babajis Kriya Yoga Satchidananda and Durga to teach the 18 postures techniques. (www.babajiskriyayoga) and Maizan Mansor , Director/Principal of Prescriptive Fitness (Australia) and one/more teachers in the area of sound and energy healing, chi gong healing etc

Tentative Agenda:

Each days starts at 6:30 am with Kriya Yoga

Breakfast (Vegetarian)

Healing Practices – Chi Gong, Pranayama, Tai Chi

Lunch (Vegetarian)

Various Workshops – eg Sattvic Foods and How they affect your energies, Energy Healing

Various Activities: eg Connect to Nature, Fascia Release

Meditation

Audience:

Everyone ... if you want to experience an initiation and a deeper connection to your inner being, set yourself on a path of peace , joy and ultimate wellness, join us for a weekend that will bring a sequence of physical and mental changes that affect your body, mind, and spirit simultaneously.

Don't miss it! Numbers limited to allow for personal attention and plenty of time to discuss in details all learnings presented here.

Investment: (contact Shenny Fong for payment details Whatsapp on +6012 303 2128)

1450 RM Early Bird Pricing to be paid before March 8th

1600 RM Full price if paid after March 8th