

SIMON BORG-OLIVIER



Simon Borg-Olivier is a world-renowned yoga teacher, physiotherapist, a lecturer at RMIT University in Australia and co author of the book titled 'Applied Anatomy and Physiology of Yoga'. Distilling over 30 years of yoga teaching experience, Simon will be teaching key information to help you develop a safer and more effective yoga practice, in a unique style.

Spinal Yoga Flow

Tue 2 April 6-9pm | AED 350 Early bird -10%

Discover how to move your spine to increase circulation, generate energy, relieve back pain, increase core strength and become more mobile. The easy-to-follow movements will strengthen your spine while eliminating tension, and warm you up without making your heart race, leaving you feel energised.

Meditative Spinal Yoga Flow on the Beach

Wed 3 April 8-9am | AED 95

At Saadiyat Beach Club

In this session Simon will show you techniques that can bring you to a very focused state of mind that can be then progressed to a blissful 'mindless' yet conscious state called the 'empty mind'. Many of these techniques draw on a practical understanding of the nervous system, and the use of reflexes. You will be shown tools that can help to the achieve stillness in breath and mind both, during static postures, as well as in complex movements, which is the true essence of yoga.

All prices are inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

+971 2 4434448 www.bodytreestudio.com

Advanced Techniques of Yoga

Stay in Flow

Wed 3 April 2-5pm | AED 350 Early bird -10%

If you are yoga teacher, or serious yoga practitioner you can really improve your teaching and or practice by studying with Simon. Would you be interested in learning how to:

- Improve flexibility without feeling intense stretch
- Improve strength without feeling tense
- Become more relaxed without needing to be completely passive
- Improve my energy levels without having to breathe more than normal
- Promote circulation without needing to make my heart beat faster
- Improve the intelligence of my body cells without having to over-think
- Satisfy my appetite and feel nourished without having to eat
- Feel rested and rejuvenated.

