

# Shanti Gowans



*CEO, The Health Institute Australia*

## Summary of responsibilities

Shanti Gowans, CEO of The Health Institute Australia, was born in India, and educated in both Eastern and Western traditions. Shantiji came to Australia in 1972, when Australia was at the height of political turmoil and in the throes of a spiritual longing. She established The Shanti Niketan Yoga and Health Centre in Melbourne (now owned and operated by Christine Villiers, one of her students, under the name of The Southern Yoga and Health Centre) and soon attracted a following which included many prominent artists, poets, spiritual teachers and intellectual thinkers of the time.

In 1995, Shanti Gowans established The Meditation Institute on the Gold Coast (Australia), and in 2006 The Ayurvedic Health Institute, and the City Yoga Studio in Sydney (currently owned and operated by Rebecca Sinclair, one of her students). This great vision has led to what now is The Health Institute, Australia. Shanti Gowans currently lives on the Gold Coast, where she formally teaches a community of students. In Shanti Yoga and its associated disciplines, Shanti Gowans has created a powerful, experiential process for lifelong learning and growth.

Shanti Gowans is the globally recognised author and founder of Shanti Yoga™, Meditation and Ayurveda for the self, family and community. She has brought the concepts and practices of a healthy body and a still mind to thousands of Australians through her Yoga and Meditation programs on national television.

Over the decades, Shanti Gowans has been invited to present topics on Yoga and Meditation in four continents, in such countries as the U.S.A., U.K., Japan, India and Fiji. Sought after internationally as an inspired speaker with global and cosmic perspectives, Shanti Gowans translates timeless Eastern traditions into contemporary, accessible frameworks. Her teachings spread beyond the stereotypical, into influences such as parenting, relationships, the visual and performing arts, physical and mental health care, business management and hospice work.

Over the years, Shanti Gowans has contributed a significant body of work on various dimensions of spiritual and Yogic life, ranging from Yoga and Meditation, The Vedas, Tantras and other classical writings from India, through to social transformation and transpersonal psychology. She has also authored numerous books, CDs and DVDs, as well as contributed to many magazines and newspapers. Shanti Gowans is listed in The World's Who's Who of Yoga, and the World's Who's Who of Women.

Through a lifetime of committed practices, study, education and travel, Shanti Gowans has gained a vast body of knowledge and enjoys sharing these insights and wisdom with others. Shanti Gowans, has reached the point of success her life, which allows her to give back in a major way. Shanti Gowans acknowledges that a

huge part of her success is because of the many wonderful and loyal teachers, students, patients and support staff that she has been fortunate to have journeyed with during her years of practice.

Every single day Shanti Gowans aims to meet new and sometimes demanding goals that she has set for herself. On a day to day basis, she has the pleasure of being able to assist others in several traditional healing modalities. These include the spiritual arts of yoga and meditation, the health science of Ayurveda, and the performing arts of Indian music and dance. Shanti Gowans work is a marriage between her cultural and experiential background, which has provided a solid grounding for the healing work she does, and her aspirations to be of service in the very best way that she can.

Shanti Gowans has been extremely privileged to have learnt from great teachers and from several disciplines, starting with her Indian family who she loved, laughed, cried, savoured food, beauty and the joys and struggles of life with. Shanti Gowans extended family has been the Ramakrishna Order of monks and nuns who initiated her into Advaitic Vedanta for which her gratitude holds no bounds. These Vedic teachings, together with practices and perspectives from Yoga, Ayurveda and Theravada Buddhist philosophies have enabled her to spend a lifetime refining the 'yoga of life' through which she combines harnessing nature's medicinals (plants and other natural substances), with common-sense elements such as diet, exercise and cleanings, as well as the most profound principles for spiritual and psychological transformation. Shanti Gowans has enjoyed many decades developing an umbrella teaching organisation which delivers yoga, meditation, ayurveda, culture and dance and is international in its scope and is nationally accredited.

Through The Health Institute and Nirvana Wellness Retreat, Shanti Gowans provide a space and place where you can feel deeply nurtured and connected, sustain your body, mind and spirit, and touch your innate gifts.

## Contact Details

### Shanti Gowans

P.O. Box 3512 Australia Fair QLD 4215 Australia  
1/126 Scarborough St, Southport Queensland. 4215

T. +61 7 5531 0511

F. +61 7 5531 0522

E. [shanti@shantiyoga.com.au](mailto:shanti@shantiyoga.com.au)

[www.shantiyoga.com.au](http://www.shantiyoga.com.au)

National Provider No. 30834

CRICOS Registered No. 03098E



## Publications

1. Gowans, S. (Author) **An Easy Guide to Meditation.** The journey home to your heart. ISBN 1 920713 04
2. Gowans, S. (Author) **Abundance.** A Spiritual guide to being healthy, wealthy and wise. 2013
3. Gowans, S. (Author) **As a Twig is Shaped.** Yoga education for children. ISBN 1 920713 09 3
4. Gowans, S. (Author) **Ayurveda for Health & Wellbeing.** The science of life and the art of healthy living. 4th Edition, 2007, ISBN 81-7992-056-9; ISBN 1 920713 03 4
5. Gowans, S. (Author) **Ayurvedic Vegetarian Cooking.** The yoga of food, kitchen pharmacy, foundational recipes. 4th Edition 2007, ISBN 81-7992-055-0
6. Gowans, S. (Author) **Believe in Yourself.** Change your life today. ISBN 978-1-920713-16-4
7. Gowans, S. (Author) **Breathe for Health.** Explore the anatomy of conscious breathing. Release stress. Be healthy. 17th Edition 2009, ISBN 0-646-04677-2.
8. Gowans, S. (Author) **Building True Wealth.** Cosmic principles of True Wealth Creation. 2013
9. Gowans, S. (Author) **Catching Rainbows, Touching Stars.** Inspirational quotations and colouring-in book.
10. Gowans, S. (Author) **Concentration.** The key to success. Acquire practical skills for study and work. First published in 1973, ISBN 0-646-10325-3
11. Gowans, S. (Author) **Food for Life. Food for health.** Food as medicine. Food to enjoy. Ayurvedic recipes: 2nd Edition Jan 2010, ISBN 978-1-920713-18-8
12. Gowans, S. (Author) **For Better, Not Worse.** ISBN 0 646 11464 6
13. Gowans, S. (Author) **Hatha Yoga for Body, Mind & Spirit.** 2011.
14. Gowans, S. (Author) **Healing Yoga.** Ease head, neck and shoulder stiffness, tension and pain. First published in 1973, current edition 2010, ISBN 1-920713-06-9
15. Gowans, S. (Author). **Healthy Body.** A & P, and the effects of Ayurveda and Yoga practice on it. 2012
16. Gowans, S. (Author) **Hypertension and You.** First published in 1980. Revised second edition 1981.
17. Gowans, S. (Author) **Inner Peace Handbook.** Eastern Mystical Secrets for daily joy and lasting happiness. Current edition Nov 2007, ISBN 978-1-1-920713-10-2
18. Gowans, S. (Author) **Intimacy, Love, Transformation.** Happiness, love, constant enrichment in relationships. 2010. ISBN 978-1-920713-12-6
19. Gowans, S. (Author) **Keep Fit while you Sit.** Exercises and Yogic practices you can do whilst seated.
20. Gowans, S. (Author) **Making Life Work.** ISBN 1-920713-01-8
21. Gowans, S. (Author) **Meditate.** The Art and Science of meditation for health, wellbeing and self-care. 2013
22. Gowans, S. (Author) **Meditations to Calm the Mind, Discover Inner Peace.** ISBN 1 920713 00 X
23. Gowans, S. (Author) **Peaceful Warrior.** Cultivate world peace by victory over war within our hearts and minds. 4th Edition 2010, ISBN 987-1-920713-15-7
24. Gowans, S. (Author) **Reflections of a Yogi.** Deep, inspirational poetic wisdom to refresh your perspective. ISBN 1-920713-07-7
25. Gowans, S. (Author) **Salute to the Sun,** Surya Namaskara, The Shanti Yoga™ practice of solar vitalisation. First printed 1972. This edition 2005. ISBN 1-9207130-5-0
26. Gowans, S. (Author) **Sitting beyond Thinking.** Everything you've ever wanted and needed to know about Vipassana meditation with full reference to the Buddha's Maha Satipatthana Sutra. First edition 2008. ISBN 987-1-920713-11-9
27. Gowans, S. (Author) **Shanti Yoga Teaching Community Guidelines.** Modified 2010.
28. Gowans, S. (Author) **Stress Ease.** Shanti Yoga™ exercises to relax your upper back, neck and shoulders. ISBN 1 920713 06 9
29. Gowans, S. (Author) **The Art of Being...in Business.** Spirituality in the workplace. ISBN 978-1-920713-17-1
30. Gowans, S. (Author) **The Art of Teaching Yoga.** 2011. ISBN 978-1-920713-20-1
31. Gowans, S. (Author) **The Best is yet to Be.** A positive yogic perspective to healthy ageing. 1st Edition 1981.
32. Gowans, S. (Author) **The Children's Book of Shanti Yoga™.** Yoga, practices, verses, relaxation, stories. Revised edition 2006, ISBN 0-646-10648-1
33. Gowans, S. (Author) **The Long Search for Meaning.** An Introduction to World Religions. 2012, ISBN 978-1-920713-21-8
34. Gowans, S. (Author) **The Yoga Sutras.** Dissertation of Patanjali's sutras of Raja Yoga
35. Gowans, S. (Author) **Transform your life.** Believe in yourself. Practical exercises to help you free your Spirit. Published 2009, ISBN 987-1-920713-16-4
36. Gowans, S. (Author) **Yoga and Ayurveda Dictionary.** Fundamentals of Yoga and Ayurveda and Sanskrit (romanised) to English for the beginner. 4th Edition 2008.
37. Gowans, S. (Author) **Yoga Education for Children.** 4th Edition 2007, ISBN 1-920713-9-3
38. Gowans, S. (Author) **Yoga for Pregnancy.** Mental and physical preparation. ISBN 1-920713-08-5
39. Gowans, S. (Author) **Your Future is in your Hands.** Reflective journal to manage your time, your life, your Self. 2nd Edition 2002, ISBN 978-1-920713-19-5

## Courses developed & facilitated by Shanti Gowans

### Government Accredited, Austudy and CRICOS approved

1. Certificate IV in Yoga and Life Education - Accredited code 30847
2. Diploma in Yoga Teaching - Accredited code 30848
3. Advanced Diploma in Yoga Teaching - Accredited Code 30849
4. Certificate IV in Ayurvedic Lifestyle Consultant - HLT41212
5. Advanced Diploma in Ayurveda - HLT60712

### Government Accredited

1. Workplace Assessment and Training

### Meditation courses

1. Diploma in Meditation
2. Focus and concentration
3. Mind and its control
4. The heart sutra
5. Vipassana, calm abiding
6. Vipassana and maha sati pattana sutra
7. The road to nirvana (Buddhism:essentials)
8. Vipassana: Concious breathing
9. Vipassana: Inner Peace
10. Vipassana: Training the mind
11. Vipassana: Opening the wisdom eye
12. Becoming a being of light
13. Vibration: the esence of the universe
14. Mantra
15. Chakra: balance body, mind and spirit
16. Kundalini: the path of fire and light
17. Mindfulness meditation
18. Techniqueless technique

### Yoga courses

1. Know your body certificate course in anatomy and physiology
2. Healthy Body
3. Hatha Yoga Teacher Training
4. Pregnancy Yoga Teacher Training
5. Children's Yoga Teacher Training
6. Healthy Back Yoga Teacher Training
7. Yoga for women - Pregnancy, post natal
8. Yoga Movement Therapy traing
9. Begin with the body, heal with the mind
10. Ideo-kenetic yoga movement training
11. Facilitating asanas training
12. Introduction to sanskrit
13. Pranayama practice & yoga breathing for relaxation, awareness and energy
14. Asana, pranayama, vinyasa, drishti
15. The Yoga Sutras

## **Interdisciplinary studies, involving philosophy, psychology, sociology and comparative religions in the context of the human search for the nature of our existence and our place in the world.**

1. Vedanta, the end of knowledge
2. Buddhism for beginners
3. The Hindu world of gods and goddesses
4. Who am I?
5. Glimpse after glimpse, comparative religious studies
6. Forms of the formless, hinduism 102
7. Awareness beyond mind Buddhism 102
8. Where every breath is a prayer hinduism 101
9. The road to nirvana Buddhism 101
10. Heaven comes to earth christianity 101

## **Professional development**

1. Yoga @ work
2. Bollywood @ work
3. Feel better, work better
4. Corporate yoga and meditation made easy
5. Making a difference
6. Keeping your cool
7. Your Future is in your hands, goal setting
8. Live better longer
9. Manage time and life
10. Relaxation methods
11. Success without Stress
12. The art of being in business
13. Introduction to meditation for stress management and relaxation
14. Peaceful Warrior, courage, leadership and life skills
15. Yoga in Education, youth leadership program

## **Short courses in Ayurveda**

1. Know yourself through Ayurveda
2. The Balanced Life
3. Restoring the Balance
4. Ayurvedic Herbology & Pharmacology
5. Ayurveda, the basics
6. Ayurvedic philosophy
7. Ayurvedic nutrition
8. Self health care
9. Rain Forest Regeneration & The Green Project

## **Kitchen Wisdom: Ayurvedic vegetarian cooking**

1. The art of ayurvedic vegetarian cooking. Tridoshic. First steps to the ayurvedic kitchen
2. The kitchen herbs - the next step in ayurvedic vegetarian cooking
3. Grains and grasses, soups and desserts
4. Romancing the bean
5. The finest ayur veg cooking. The higher taste
6. Food for health. Food as medicine.

## **Other courses organised/offered by Shanti Gowans through The Health Institute Australia**

1. Thai Massage
2. Ayurvedic Relaxation Massage
3. Ayurvedic Natural Health and beauty
4. Head , neck and shoulders
5. Marma point massage
6. Energy mainlines
7. Therapeutic applications
8. Remedial specific conditions
9. Emotional mind-body wellness - bulk billed. Facilitated together with Psychologist Pamela McAsey.
10. The Grooming of excellence - Shanti Yoga finishing course
11. Research skills
12. Complimentary medicine, ethics and law
13. People skills, business and spirituality
14. Safe practices
15. Bollywood Dance Instructor Training - facilitated together with Dance Director Kamala Shakti.

## **Awards**

- 2012 Stanford who's who platinum member award of executives, professionals and entrepreneurs
- 2011 Approved training provider, international institute for complementary therapists
- 2010 Valued Member award from Gold Coast Adventure Travel Group
- 2010 Readers choice multicultural community award for outstanding achievement award.  
Brisbane Indian Times
- 2010 Generous support and commitment appreciation award. RACQ Careflight Aust.
- 2009 Certificate of appreciation in recognition of valuable contributions to Gold Coast Recreation and sport

## **Invitations to conferences**

- 11-Jun-1981 International week
- 11-Jun-1981 International week at Brandon Park
- 13-Nov-1981 Stress Management Seminar
- 22-Sep-1982 Council leaders learn relaxation and communication skills
- 26-Oct-1992 The Women of the year luncheon
- 9-Jan-1994 Feature speaker in the II International Yoga Festival, Pondicherry India
- 26-Feb-1994 City of Moorabbin Festival
- 21-Apr-1994 Year of the family festival
- 16-May-1995 Small Practices Conference, Institute of chartered accountants Australia
- 1-Jul-1995 Surfers Paradise Travelodge
- 7-Jul-1995 Early Bird Club - Stress Management
- 8-Sep-1995 Mariannes Hair and Beauty Centre
- 8-Oct-1997 Sports health and nutrition week

## **Involvement with professional associations & Government bodies**

1. Member of the Complementary and Alternative Health Industry Reference Group 2012-2014
2. Ayurvedic Subject Matter Expert with the Community Services & Health Industry Skills Council 2012-2014
3. IYTA (International Yoga Teachers Association) - full member since 1981
4. SYTA (Shanti Yoga Teachers Association) - member since 1980
5. ANTA - full member since October 2013
6. Yoga Australia - senior teaching member since September 2013
7. AAPA ( Australasian Ayurvedic Practitioners Association) - member since 1999
8. President of the Australasian Ayurvedic Practitioners Association
9. Examiner for Adv.Dip, Dip & Cert IV Yoga and Ayurveda at multiple colleges

## Recordings on CD/DVD by Shanti Gowans

1. Breathe for Health. Health from within by breathing the body, mind and heart free
2. Calm the Mind and Discover Inner Peace - 4 CD set
3. Deep Relaxation and Self Healing - 2 CD set
4. Guided Meditations on Mindfulness - 2 CD Course
5. Hatha Yoga
6. Meditation for Children - of all ages - 2 CD set
7. Origins Yearnings Destiny - challenge and sweep away limited thinking and attitudes
8. Samadhi. Deep relaxation, mental stillness, unified consciousness
9. Vipassana - guided meditation
10. Yoga for Health and Fitness
11. SHANTI YOGA™ DVD: Beginner's Standing Postures by Shanti Gowans  
Release neck and shoulder tension. Strengthen back muscles with more flexibility. Sun Salutation routine.  
Finish with deep relaxation

## Newspaper and media articles

19-Aug-1978	Shanti reaches out	Saturday Evening Mercury
17-Oct-1979	Exercise, relaxation and vegetarian diet	The Wimmera Mail Times
20-Mar-1980	Relax and look beautiful	Womens Day
1-Apr-1981	Tone up and live	Melbourne Herald
1-Apr-1981	Yoga	Vital
8-Apr-1981	Slow Down the ageing process	YOU, The Herald
15-Apr-1981	A sport where the last come first	Melbourne Herald
20-Apr-1981	Yoga with Shanti Gowans, continuing the Chatus Poda	The Gaurdian
29-Apr-1981	Yoga with Shanti Gowans, Prepare for Winter	The Gaurdian
6-May-1981	Exercises for the disabled	The Herald
8-Sep-1981	Seminar success	The Age
30-Oct-1981	Bending over backwards	The Wimmera Mail Times
17-Jul-1982	Yoga aims to fulfil	Weekend Truth
25-Aug-1982	Watch the Birdie	Waverley Gazette
29-Sep-1982	A Posture to overcome flatulence	The Gaurdian
1-Oct-1982	Council leaders given instruction on relaxation and communication	The Australian
6-Oct-1982	Exercises in the office part 1	The Gaurdian
6-Oct-1982	Kick up your heels	Moorabbin Star
20-Oct-1982	Keep your face fit part 1	The Gaurdian
27-Oct-1982	Relax your neck and shoulders	The Gaurdian
27-Oct-1982	keep your face fit part 2	The Gaurdian
10-Nov-1982	Balance your head	The Gaurdian
1-Dec-1982	Here's to bright eyes	The Gaurdian
8-Dec-1982	Eye Exercises, nethra vyayamam	The Gaurdian
15-Dec-1982	Eye exercises continued	The Gaurdian
18-Jan-1983	Triangle Extended	The Gaurdian
19-Jan-1983	The Cat Stretch	The Gaurdian
23-Feb-1983	The Cricket Action	The Gaurdian
4-May-1983	The Star Posture	The Gaurdian
11-May-1983	Head to knee posture	The Gaurdian
8-Jun-1983	The Art of Relaxation	The Gaurdian Lifestyle
8-Jun-1983	Exercises in the office part 2	The Gaurdian Lifestyle
15-Jun-1983	One Legged Standing Lotus Balance	The Gaurdian

13-Jul-1983	Tree Balance	The Gaurdian
31-Aug-1983	Yoga with Shanti: The soaring archer	The Gaurdian
19-Oct-1983	The Balance Series	The Gaurdian
7-Dec-1983	Yoga with Shanti, Cross hand stretch	The Gaurdian
8-Feb-1984	Revolve your triangle	The Gaurdian
25-Aug-1984	Hockey One, says 'Pinky'	The Sun
30-Sep-1987	Exercise: Important part of your beauty program	Waverley Gazette
22-Mar-1989	Peace of mind in yoga	Malvern Caulfield Progress
1-May-1990	Shanti gives health tips	Geelong News
23-Feb-1994	Mind and Body fit	Moorabbin Standard
20-Feb-1995	A women of love and peace	Gold Coast Bulletin
16-Apr-1995	Queen of Calm	The Sunday Mail
7-Jul-1995	Yoga stands on principles	Gold Coast Bulletin
11-Aug-1995	Secrets of vegetarian cooking	Gold Coast Bulletin
11-Sep-1997	Body and Soul by Deborah Bogle	The Australian
15-Oct-1997	Its fun with health and fitness	Gold Coast Bulletin
20-Jun-1999	Pumping Spirituality	The Sun Herald - Tempo
1-Mar-2003	Body of Evidence	The Courier Mail
1-Apr-2007	Petals of love	Gold Coast This Month
	All tied up in Yoga	The Fiji Times
1-Mar-2012	Teaching Yoga	Australia Yoga Life Journal

## Retreats/courses by Shanti Gowans

### 2014

#### January

3-12 January Relax and rejuvenate. Celebrating the good life with Yoga and Ayurveda

#### February

28 Feb - 2 March Calm Abiding & the Seven Spiritual Laws of Success

#### March

14-16 March Living well, being well - Discover Ayurveda

28-30 March Believe in Yourself. Transform your Life

#### April

4-6 April The Seven Spiritual Laws of Healing

18-27 April Vipassana 10 Day Silent Retreat

#### May

9-11 May Artha, Abundance

### 2013

#### January

3-10 Happy Days: Celebrating the old way and welcoming in the new year.

10-13 Celebrating the Sacred Path of Yoga

#### February

1-3 The Seven Spiritual Laws of Success

22-24 Believe in Yourself, Transform Your life

#### March

8-10 Emotional Wellbeing. Spiritualising Anger

28 March-2 April Vipassana Meditation

#### April



2-7	The Seven Spiritual Laws of Healing through Ayurveda
26-28	Meaning, Purpose & the Seven Spiritual Laws of Happiness
<b>May</b>	
10-12	Healthy Mind, Healthy Body. Ayurvedic Nutrition and Cooking retreat
<b>June</b>	
14-16	Mindfulness Meditation
28 June - 7 July	Exceptional Wellbeing Ayurvedic winter detox 10 day retreat + The Good Life
<b>July</b>	
12-14	Eastern Wisdom for Western Living
19-21	Yoga from the ground up
<b>August</b>	
9-11	Training the Mind Meditation retreat
16-18	Healthy Mind, Healthy Body. Ayurvedic Nutrition and Cooking retreat
<b>September</b>	
13-15	Meaning, Purpose and the Seven Spiritual Laws of Happiness
27 Sept-6 Oct	Exceptional wellbeing Ayurvedic spring cleanse with Dr. Manish Patwardhan BAMS.
<b>October</b>	
4-6	Healthy Mind, Healthy Body. Ayurvedic Nutrition and Cooking retreat

## 2012

Dec/Jan 27-3	Celebration. 7 day summer escape
Jan 3-10	Happy Days. The Good Life. 7 day summer escape
Jan 10-15	Eastern Wisdom for Western Living + Ayurveda for Yoga Teachers
Feb 10-12	Mindfulness.Meditation retreat
Mar 2-4	Creating Health and Harmony. Ayurveda health retreat
Mar 16-18	Peace, Love and Healing. Connecting with heart essence.
Apr 5-10	Vipassana (Easter) Meditation retreat. 6 days, 5 nights
Apr 9-15	The Good Life + Exceptional Wellbeing: 7 day detox
Apr 20-22	Healthy Mind, Healthy Body
May 18-20	Live, Love, Laugh and Last a Lifetime
June 1-3	Food for Health, Food as Medicine. Nutrition and Cooking retreat
Jun 15-17	Balancing the Chakras. Meditation retreat
Jun-July 22-1	Exceptional Wellbeing detox program, 10 day retreat + The Good Life
Jul 20-22	Transform your Life
Aug 10-12	Meaning, Purpose and the Pursuit of Happiness
Aug 17-19	Kundalini. Awakening the Cosmic Serpent. Meditation retreat
Sept 7-9	Restore the Body, Expand the mind
Sept 21-30	Exceptional wellbeing detox program, 10 day retreat + The Good Life
Oct 12-14	Love, Light, Blessing
Oct 26-28	Radiance. Explore your natural brilliance. The five wisdom energies
Nov 9-11	Training the Mind. Meditation retreat
Dec 27- Jan 3	Celebration
Jan 3-10	Happy Days: The Good Life

## 2011

Feb 18-20	Transform your life
March 18-20	Meaning, purpose and the pursuit of happiness
Apr 1-3	Believe in yourself
Apr 21-27	Vipassana Meditation retreat - 7 days, 6 nights
May 6-8	Restore the body, expand the mind
May 13-15	Enlightened Courage - Meditation retreat
June 24-26	Live, love, laugh and last a lifetime

July 1-10	Exceptional health - purity, renewal, restoration
July 9-10	Family Fun Camp
July 22-24	Creating health and harmony
July 29-31	Balancing the chakras - Meditation Retreat
Aug 12-14	Transform your life
Aug 19-21	SYTA weekend - Shanti Yoga Teachers
Sept 16-18	Meaning, purpose, pursuit of happiness
Sept 30 - Oct 9	Exceptional Health. Detox and renewal
Oct 1-9	Exceptional Health, peace, love & healing
Oct 7-9	Believe in yourself
Oct 21-23	Kundalini - Meditation retreat
Oct 28-30	Restore the body, expand the mind
Nov 4-6	Training the mind - Meditation retreat
Nov 11-13	Rest and renewal
Nov 25-27	Live, love and last a lifetime
Dec 9-11	Creating health and harmony
Dec 27 - Jan 3	Timeless Wisdom for everyday living

## 2010

Jan 3-10	Exceptional health week.
Jan 8-10	Mindfulness and presence
Jan 15-17	Connect with your heart essence Cert IV. TT
Jan 22-26	Time out. Australia day wkend 5day/4night
Feb 5-7	Transform your life
Feb 19-21	Yoga Teacher Training. Cert IV, Dip. Adv Dip
Mar 26-28	Introduction to Ayurvedic Medicine. ALC
Apr 1-5	Vipassana meditation 5-day Easter retreat
April 5-9	Total relaxation and stress busters 5day/4night
April 9-11	Peace, Love and Healing in Exceptional health
April 1-11	Easter Vipassana detox retreat 11day/10night
April 16-18	Ayurvedic Anatomy and Physiology ALC
May 21-23	Healthy life & preventive medicine in Ayurveda
May 28-30	Healthy mind, healthy body Dip & Adv Dip.
June 18-20	Ayurvedic diagnosis & Aetiology ALC
July 2-4	How to live, love, laugh and last a lifetime Cert IV
July 2-11	Exceptional health/detox: 10 days/9 night
July 9-11	Food for health, food as medicine TT
July 16-18	Happiness and its causes
July 23-25	Ayurvedic pharmacology & manufacturing ALC
Aug 20-22	The Ayurvedic treatment of diseases ALC
Sept 3-5	Transform your life Cert IV
Sept 17-19	Ayurvedic Massage ALC
Sept 24-3	Exceptional health: love, light, blessing 10day/9 night
Oct 1-3	Exceptional health & wellbeing: The good life
Oct 22-24	Applying the wisdom of the ages ALC
Nov 5-7	Purpose, meaning & the pursuit of happiness Cert IV
Nov 12-14	Exceptional health: life changes
Nov 26-28	The Ayurvedic lifestyle consultation & Practice ALC
Dec 17-19	Choose your mood. Relax at will
Dec 27-3 Jan 2011	Joyous being

## 2009

Jan 3-10	Exceptional health retreat
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Feb	6-8	Time out: Learn to meditate retreat
Feb	20-22	Make healthy habits happen retreat
March	6-8	Time out: The relaxation weekend retreat: Feel better by doing less
Mar	20-22	The heart and science of yoga: still mind, healthy body
April	9-14	Vipassana Meditation retreat
Apr	14-19	The 5-day healthy relationship retreat
Apr	17-19	Time out: Working with emotions weekend retreat
May	2,3	Children's Yoga Teacher Training - non residential
May	15-17	Time out: Conscious breathing retreat: Pranayama and the chakras
May	29-31	Mantra - sound, breath, transcendence retreat
June	12-14	Awakening joy retreat
June	19-21	Conscious breathing: Pranayama and the chakras
July	3-10	Exceptional health retreat
July	10-12	Ayurveda and Yoga retreat
July	24-26	Time out: Learn to meditate weekend retreat
Aug	14-16	Yoga from the ground up
Aug	28-30	Yoga from the ground up
Sept	4-6	The heart sutra retreat
Sept	20-27	Exceptional health retreat
Sept	25-27	Time out: Breathing, movement, stretching, relaxing week-end retreat
Oct	2-4	The heart and science of yoga retreat: 8 limbs
Oct	16-18	Time out: Conscious breathing retreat: Pranayama and the chakras
Nov	6-8	The meditation retreat: Dissolving inner conflict
Nov	20-22	Time out: Integrating body, mind and spirit retreat
Dec	4-6	Time out: Learn to meditate retreat
Dec	27-3Jan	New Year Retreat

## 2008

Jan	3-10	Time, Space and Being: Sitting beyond thinking
Jan	18-20	Meditation: Art of being Human
Feb	1-3	Pranayama retreat - the breath, the breath, the breath
Feb	8-10	Feel better naturally. Integrate body, mind, spirit
March	20-30	Simply Breathing, Easter Meditation (Vipassana).
March	28-30	Inner peace meditation retreat
April	11-13	Feel better naturally - Living better longer
May	16-18	Uncovering peace: emotional wellbeing meditation
July	4-6	Feel better naturally. Reawakening Basic Health
July	4-11	Feel better naturally - The art of healthy living week
July	25-27	Timeless freedom retreat (cosmos, purpose, meaning)
Sept	20-28	Feel better naturally - Lojong spring renewal (8)
Sept	26-28	The present is the presence meditation retreat
Nov	7-9	Feel better with less effort - Health through balance
Nov	21-23	Conscious breathing (prana, chakras) meditation retreat
Dec	27- Jan 3	Yoga from the ground up

## 2007

March	23-25	Living better longer detox weekend
May	4-6	Relax, Restore, Regenerate detox weekend
July	1-8	The Art of Living detox week
July	6-8	Yoga and Relationships detox weekend
Sept	21-23	Feel better with less effort: spring renewal
Sept	21-28	Spring renewal detox week Training the mind

Nov 9-11 Health through balance detox weekend

## 2006

May 21-23 Loving Heart & Tools for Transformation with Shantiji.  
June 18-20 A Taste for Life - Ayurvedic cooking with Shantiji.  
July 2-4 Living Better Longer - Yoga & Ayurved. SPIRITUAL & RELAXING with Shantiji.  
July 9-11 Living Yoga and Ayurveda residential week-end.  
July 23-25 Purpose & Self Mastery. SPIRITUAL & RELAXING with Shantiji.  
Aug 6-8 Living Yoga and Ayurveda residential week-end.  
Aug 20-22 Unfolding the Universe's Story. SPIRITUAL & RELAXING with Shantiji.  
Sept 3-5 Living Yoga and Ayurveda residential week-end.  
Sept 10-12 Fully Empowered. The Yoga Teachings of Patanjali with Shantiji.  
Sept 17-19 Living Yoga and Ayurveda residential week-end.  
Sept 24-26 Training the Mind. SPIRITUAL & RELAXING with Shantiji.  
Oct 1- 3 Living Yoga and Ayurveda residential week-end.  
Oct 8-10 Living Yoga and Ayurveda residential week-end.  
Oct 15-17 Breath, The Spirit of Life. SPIRITUAL & RELAXING with Shantiji.  
Oct 29-31 Living Yoga and Ayurveda residential week-end.  
Nov 19-21 The Serpent Power: Kundalini Shakti. SPIRITUAL & RELAXING with Shantiji.  
Dec 27 - 3 Jan Bringing the Mind Home. Meditation, Concentration & Mindfulness week-end.

## 2005

Jan 2-9 Perfect Tranquility  
Jan 14-16 Living better longer  
Jan 28-30 The art of trust  
Mar 11-13 Living Better Longer  
Mar 24-Apr 3 Vipassana Meditation - 10 days  
Apr 1-3 Vipassana Meditation  
Apr 22-24 The Art of Happiness  
May 6-8 Living Better Longer-Pre winter detox  
May 27-29 The Path to Love  
Jun 10-12 Education for Peace-Facilitators Course  
Jun 24-26 Art of Direction, Purpose & Self Mastery  
Jul 8-10 The Art of Friendship  
Jul 29-31 The Meaning of Life  
Aug 12-14 When the Mind is Silent-Meditation Ret.  
Sep 16-18 Living Better Longer  
Sept 16-23 Living Better Long - 7 days  
Sep 23-25 Training the Mind-Introduction  
Sept 23-30 Training the Mind - 7 days  
Sep 30-Oct 2 Vipassana Meditation  
Oct 14-16 A Passion for Life  
Oct 21-23 A Course in Miracles  
Oct 29-30 Children's Yoga Instructor Course  
Nov 11-13 Living better longer-Pre wet season detox  
Nov 25-27 Conquer Fear  
Dec 27 - Jan 3 New Year Residential Retreat - 7 days

## 2004

April 2-4 Freeing the body, expressing the feeling  
April 8-15 Vipassana Meditation Easter Retreat  
May 21-23 Loving heart and tools for transformation  
June 18-20 A taste for life - Ayurvedic vegetarian cooking  
July 2-9 Living better longer detox week  
July 23-25 Purpose and Self mastery

## 2000

Feb 18-20	Eternal values for a changing society
March 17-19	Kundalini, the path of fire and light
20-25 April	Easter retreat and meditation workshop
19-21 May	Ancient wisdom, new awareness
4-6 August	The empowered heart, relationships weekend
25-27 August	Melbourne relationships weekend
1-3 Sept	Inner Space
27-29 Oct	The shape of a dream
24-26 Nov	When the mind is silent, insight meditation
27 Dec - Jan 3rd	Coming home, awakening the yogi within

## 1998

Feb 27-1st March	Unconditional Love
April 9-13th	The Path to Enlightenment Easter retreat
May 8-10	Believe in yourself
August 8-10	Insight and enlightenment
October 23-25th	Secret of happiness

## 1996

Feb 2-4	Success without stress
Feb 18-23	Yoga and meditation renewal
Feb 24-26	Yoga and Ayurveda
March 8-10	Seven steps to total success
Mar 29-31	Prana, kundalini and the chakras
April 4-8	Easter Retreat
May 5-10	Accelerating spiritual progress in yoga
May 10-12	Mantra, primordial sound
June 28-30	Prana, vidhya
July 12-14	Vipassana, insight meditation
July 26-28	Prana, kundalini and the chakras
Aug 24-26	Yoga and Ayurveda
Sept 27-29	Ananda, the cosmic revelation
Oct 11-13	Shakti
Oct 25-27	Success without stress
Nov 10-15	Spiritual renewal, yoga rest and relaxation
Nov 15-17	Shakti

## 1992

8-10 May Yoga weekend

## 1991

21-23 June Humour and health

Aug 20-22	Unfolding the Universe's story
Sept 10-12	The Yoga Teachings of Patanjali
Sept 17-19	Living Yoga and Ayurveda
Sept 24-26	Training the mind. Mahayana Attitudinal Transformation Training
Oct 8-10	Living Yoga and Ayurveda
Oct 15-17	Breath, the spirit of life
Oct 29-31	Living Yoga and Ayurveda
Nov 19-21	The Serpent Power: Kundalini Shakti
Dec 3-5	Bringing the mind home

## 2003

Feb 21-23	Walking the spiritual path
Mar 21-23	Ageless wisdom, living yoga and ayurveda
17-24 April	Easter meditation retreat
9-11 May	Connecting to a deeper love
30 - 1st June	Shantiji in Melbourne
13-15 June	Ayurvedic cooking retreat
4-11 July	Winter getaway week of breathing and mindfulness, healthy body, healthy mind
15-17 July	Creation is never ending
29-31 July	Eight steps to enlightenment
5-7 Sept	Fully empowered
19-26 Sept	Training the mind, lojong teaching
17-19 Oct	Yogic breath control
24-26 Oct	Meditation is easier than you think
28-30 Nov	Meditation
27 Dec - 3rd Jan	Bhagavad Gita

## 2002

Jan 4-6	Fully empowered
Feb 15-17	Language of the body, secrets of the soul
Mar 28-4 Apr	Awakening of intelligence
May 17-19	Self confidence and self worth
June 14-16	A taste of life, ayurvedic cooking
June 28 - July 5	Ageless wisdom, yoga and ayurveda
July 19-21	Healing the body, heart and mind
Aug 16-18	No boundaries to the sacred
Aug 30 - Sept 1	Freedom, love and action. Relationships weekend.
Sept 27 - Oct 4	Training the mind. The Buddha and yoga
Oct 18-20	Kundalini, the path of fire and light
Nov 15-17	The Shape of a dream
Nov 29- Dec 1	The Present Moment
Dec 27 - Jan 10	Freedom, love and action

## 2001

3-10 Jan	Enlightenment from the ground up
23-25 Feb	Fully empowered
23-25 Mar	Ageless wisdom
12-16 Apr	Easter meditation retreat
18-20 May	Alchemy of the infinite and other forms of the unthinkable
22-24 June	A taste for life
13-15 July	Healing the body, heart and mind
24-26 Aug	No boundaries to the sacred
7-10 Sept	Forgiveness and other acts of love, melbourne
21-23 September	Forgiveness and other acts of love, Gold Coast
Oct 5-7	Power and energy
Nov 16-18	Awakening the witness
Dec 27 - 3 Jan	The Present Moment