



# Donovan Farquharson

March & April 2018 1,000rs per class

*Anjali Yoga (ML) 10-11.15am Thursdays Fridays Saturdays*

*Baladeva Yoga (LI-2) 8.30am Thursdays Fridays Saturdays*

*Dancing with Dharma Vinyasa 6-7.15pm Fridays Saturdays*

*Turning Yin (ML) 7.30-8.30pm Fridays Saturdays*

*Redeem & Restore (ML) 9.30-10.45am Sundays*

*Pranayama Meditation & Yoga Philosophy (ML)  
8.30-9.30am Sundays*

## ANJALI YOGA

A versatile, full bodied vinyasa for absolute beginners and Asana junkies alike. This mixture of traditional and experimental yoga will stretch, refine and strengthen your body's architecture while practising to a chilled soundtrack of voice and ambient vibes. Focus is drawn toward balance and achieving postures through stillness and the cultivation of clarity in ones mind-space.

## BALADEVA YOGA

A more powerful Yoga vinyasa with hand balances, flexibility and an aim to cultivate and release energy. Explore your body deeply and journey to the root of possibility within this heat driven flow. The warrior poses are foundation here and they are fused with directional versatility to open ones senses and awareness through strength and calm.

## DANCING WITH DHARMA VINYASA

A Vinyasa that embodies the true character of yoga. Simplicity serenaded by subtle strength and smooth transitions. With the heart centre being the focus of all of our dharma, it is also the focus of this flow. We are born in this vinyasa many times from the heart outwards and find ourselves in alignment with peace and diligence.

## TURNING YIN

A calm, meditative and slow paced yogasana initiative to open up, with dedicated focus on the connective tissue by remaining muscularly passive in poses for longer periods of time. As we stay in stillness, we begin to provoke a moving from the habit of constantly "doing" to "non-doing", this becomes a divine and healing practice of turning inwards. We explore the space between comfort and discomfort. By slowing down the mind we start to see things the way they are and cultivate an attitude of observing, a less attached approach to thoughts, feelings and inevitability, leading to freedom.

## REDEEM & RESTORE

A class with total restoration through the application of self-awareness and applied self-care! Redeem the energy spent through your Yang practises and allow the body and mind to find equilibrium after a long week of pushing your boundaries.

## PRANAYAMA, MEDITATION & PHILOSOPHY

Immerse yourself into a diligent practise towards the intention of attaining Samyama. Meditation, The cultivation of Prana and the acquisition of understanding the philosophy and science behind these practises will take you deeper into your yogic path. Leave the asana alone for a moment and practise the things for which Asana prepares the mind and body for...the higher levels of consciousness.

Donovan was born in Birmingham, England. His life long exploration and journey lead him to both yoga and a mystic in Bali, he then began his journey in finding himself. With great dedication and humility, he dedicates himself to the practice of yogic science, Vedic teachings and esoteric whispers in all aspects of his life. He is a 200-hour certified yoga practitioner, Siam Reiki Master practitioner, Siam Master Crystal healer, Siam pendulum diagnosis practitioner, Siam Transcending entities apprentice, Arcturian healing practitioner, Oneness University deeksha giver / practitioner, and a Master Thai Lanna Tok Sen massage therapist. His joy is to share the beauty of not only yogic practice but all and everything that his teachers have been so kind to share with him. He believes this existence is boundless, infinite and accessible to all who seek with diligence and

for info & bookings:  
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