

Classical Indian YOGA Brighton, 1/8 Foote St.

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**INTIMATE AND CALM SANCTUARY ATMOSPHERE. GROUPS OR ONE TO ONE
LESSONS. CALL ANASTASIA 0423.775.089
ONLY YOGA OR YOGA & ITALIAN LANGUAGE SIMULTANEOUSLY**

Anastasia teaches Classical Indian Yoga and Italian Language. **Some yoga classes are run in both English and Italian, simultaneously.** The focus is on the great vital source of energy; breathing. Ancient Rishi techniques are taught to recondition and significantly improve breathing capacity. All sessions are closed with professionally guided deep re-charging relaxation.

Yogacharini Anastasia Bernardi, holds a degree in Science of Education from Parma University - Italy, she undertook extensive study in India with Yogamaharishi Dr. Swami Gitananda Giri before his passing in 1993. Dr. Gitananda was a distinguished medical doctor who brought the rigid approach and analysis of science to Yoga, establishing Yoga Research departments in a number of India's leading allopathic and naturopathic hospitals. Dr. Gitananda was head of a traditional order of yogis that has perpetuated a "mouth to ear" transmission of the deeper aspects of Rishi Yoga for thousands of years. This order is strictly against the development of any cult following or any form of personality worship. Their emphasis has been wholly and strictly on maintaining the tradition of classical or "Rishi - Culture" Yoga.

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