yogshakti®

DONNA FARHI

5-DAY
YOGA INTENSIVE

YOGA *from the* CORE

1 – 5 July 2027
KLPAC
Kuala Lumpur

Structural Balance for Enriched Living



DEEPEN YOUR PRACTICE & TEACHING

For the first time with Yogshakti, join internationally renowned teacher & author Donna Farhi, for an intensive training to explore the deeper dimensions and connectivity of the core body through Yogic body mapping, Somatic exploration & Meditative practices.

WORKSHOP INCLUDES

- 22 hours of intensive training & practices
- Certificate of Completion

IN THIS TRAINING WE WILL EXPLORE

- Therapeutic practices that can correct long-standing pelvic and spinal imbalances
- Incorporate gentle and effective sequences into yoga routines
- Releasing of deep-seated tension at its source
- Re-establishing a balanced nervous system
- Connections between body and mind through the Yogic mapping of the body into *koshas* or sheaths
- Guided somatic exploration that heightens awareness of energetic center or *hara*
- Meditative practices such as Yoga Nidra to establish greater mental and emotional stability
- Diverse range of both active and restorative asana practices
- Lecture discussion and guided movement inquiry
- Group discussion and dyad sharing

ABOUT DONNA FARHI

As one of the most sought after guest teachers in the world, with over 40 years of practice experience, leading intensives and teacher training programs internationally, her approach to Yoga is informed by the refinement of natural and universal movement principles that underlie safe and sustainable practice.

DATES & PRICES

Date
1 — 5 July, 2027

Venue
KLPAC

Time
1 July: 6.00 PM - 8.00 PM
2 - 5 July: 10.00 AM - 1.00 PM
& 2.30 PM - 4.30 PM

Early Bird Rate
RM 3,350 | *ends 15 February*

Regular Rate
RM 3,600

**Due to high demand, it is first come first served. Secure your spot with a deposit payment.*

PROGRAMME OVERVIEW

THURSDAY, 1 JULY

6:00 pm – 8:00 pm

- Introduction to the Koshic Map of the core
- Experiential practice to unwind, settle, and ground

FRIDAY, 2 JULY

10:00 am – 1:00 pm

- Define the differences between learning through telereceptors and through proprioception, kinesthesia and interoception
- Experiential practice of both somatics and standing yoga postures

2:30 pm – 4:30 pm

- PowerPoint Presentation: Basics of Core Anatomy (1 hour)
- Experiential: Therapeutics for psoas release and balance

SATURDAY, 3 JULY

10:00 am – 1:00 pm

- Explore Core Connectivity and the human developmental movement pattern of Navel Radiation
- Guided somatic inquiry of the deep energetic support of the *hara*
- Foster internal sense of alignment, connecting the center of the body to the six limbs
- Experiential: Practice of floor and standing yoga postures

2:30 pm – 4:30 pm

- PowerPoint Presentation: Core Anatomy Continued (1 hour)
- Yoga therapeutics to activate and balance the core muscles

SUNDAY, 4 JULY

10:00 am – 1:00 pm

- The Three Pillars of the Nervous System
- Conditions to facilitate deep diaphragmatic breathing (and its relationship to core stability)

2:30 pm – 4:30 pm

- Restorative Yoga with a focus on *apana vayu* followed by Yoga Nidra

MONDAY, 5 JULY

10:00 pm – 1:00 pm

- PowerPoint Presentation: Basics of Spinal and Sacroiliac Anatomy (1 hour)
- Active sequence practice applications that balances, strengthens and stabilizes the core body

2:30 pm – 4:30 pm

- Returning full circle to the koshic mapping of the body
- Explore emotional, mental and spiritual core stability
- Restorative practices followed by a longer Yoga Nidra designed to connect to the quiet inner hub

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***Participants should have a sound working knowledge of the basic asanas & have had consistent Yoga practice for at least one year*

***Donna may alter some aspects of this program to tailor it to the needs and interests of the group*