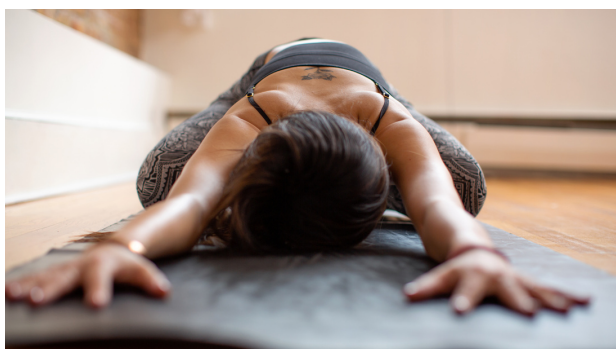


# WHERE STILLNESS MEETS STRENGTH

“Yoga is the journey of the  
self, through the self, to the  
self”

- THE BHAGAVAD GITA



## HATHA YOGA CLASSES

EVERY FRIDAY STARTING 20TH OCT

During Hatha yoga classes, you'll delve into a series of asanas (physical postures) that focus on aligning and balancing the body. Through mindful breathing techniques and gentle movements, you'll experience a heightened sense of awareness, promoting deep relaxation and stress reduction.



## JOIN OUR UPCOMING CLASSES: TERM 4

## YOGA THERAPY CLASSES

EVERY TUESDAY STARTING 17TH OCT

Yoga Therapy is a type of therapy that focuses on the integration of mind and body to enhance mental health. It draws on yogic principles and practices, such as physical yoga postures, meditation, breathing techniques, and relaxation exercises, to improve mental and physical well-being

[JOIN NOW](#)

# MEET OUR EXPERIENCED YOGA INSTRUCTOR & PRACTITIONER

## ABOUT LIAMA AESHA

Liama is a qualified Yoga Teacher and Trainer who runs an annual Certified 350 hour Yoga Teacher Training program every year. Her passion involves working in the mental health field, particularly with anxiety, depression and PTSD.

Through her practice and training, Liama has witnessed first-hand how tools of yoga can teach the life skills of self-inquiry, relaxation and self-soothing breath practices, which assist in balancing the nervous system and calming emotions.



## WEEKLY YOGA CLASSES

Liama will be running regular yoga classes at the I Am Mind Body Soul Wellness Hub every Tuesday and Friday.

Each class starts at 6am and runs for 1 hour. All Yoga accessories are provided at the Wellness Hub, and herbal tea and amenities are available.

## HER PERSONAL PHILOSOPHY

Liama performs a daily practice of asana, meditation and chanting. These example daily practices are known as Sidhana, a discipline which is used to place you in the right space for the day.





# SHIATSU MASSAGE

## **BALANCING MIND, BODY & SPIRIT**

Liama is an experienced practitioner in Shiatsu massage. She completed her Zen Shiatsu training with Jack Marshall at the Zen Renaissance Healing Centre in 2001. Liama continues to adapt and grow her shiatsu practice with a focus on alleviating a wide range of physical and emotional ailments

## **SHIATSU**

Shiatsu is a therapeutic form of acupressure, muscle meridian stretching and corrective exercises derived from Japan. Treatment involves applying pressure to the body using a practitioner's thumbs, palms, elbows and knees.

It is founded on the principles of Traditional Chinese Medicine theory that energy moves through channels within the body, known as meridians.

Shiatsu practitioners aim to restore the balance of energy through meridians in order to promote health and strengthen the body's healing abilities.

Treatment may also include the use of flowing stretches and gentle rotations of the limbs and joints, simple structural alignments and muscle release techniques.

On a physical level this has the effect of stimulating circulation and the flow. On a subtler level, shiatsu allows the receiver to deeply relax, stimulating the body's inherent ability for healing and regeneration.

The person receiving shiatsu remains clothed, or is covered by a sheet and treatment is tailored to individual needs.



[BOOK NOW](#)



# WANT TO BECOME A CERTIFIED LEVEL 1 YOGA TEACHER?

## 350 HOUR YOGA TRAINING

Join Liama at her 350 hour Inspire Yoga Teacher Training course, where you will be a part of a small group of people and spend time together deepening your personal yoga practice.

Becomes stronger physically and mentally as you learn the varied tools of yoga and meditation.

The intention of this course is to provide a safe, supportive space to guide and challenge you, and allow you to practice and evolve wherever your intentions are set.



## WHAT IS INCLUDED?

- 12x full day yoga sessions on a Sunday (zoom available)
- Personal mentoring sessions
- A flexible online component
- A 6 night yoga retreat

GET COURSE INFO



# YOGA THERAPY TREATMENTS

## BALANCE, BREATH & FLOW

In 2010, Liama completed her Cert IV in Yoga Teaching and in 2017, she became a Yoga Therapist. Liama is a Registered Yoga Teacher Trainer with Yoga Australia



### YOGA THERAPY

A Yoga Therapy session is performed 1:1 and is tailored to your individual needs and health status.

Some benefits of yoga therapy include stress relief, blood circulation, strength, balance, flexibility, and physical health. Yoga reduces the effects of stress by lowering cortisol levels and activating the parasympathetic nervous system.

Yoga also improves the transportation of oxygen and nutrients in the body, which leads to healthier organs and skin. Yoga stretches the muscles and increases the range of motion, which helps with joint pain and stiffness.

Yoga therapy can be helpful in the treatment of mental health conditions such as anxiety and panic disorders, depression, eating disorders, insomnia, phobias, post-traumatic stress disorder (PTSD) and stress.



[BOOK NOW](#)

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