

about the teacher

yoga qualifications

Katina is also a psychotherapist, lecturer and published author who is expertly qualified to understand the importance of creating life balance. Her holistic teaching approach, combined with her professional practice, supports students to achieve optimal physical and mental health.

With many years of training and experience in human development and well being, Katina brings an extensive understanding and experience in the area of healing and inner awareness. She is Hatha trained in Australia and internationally trained in Ashtanga yoga.

She has taught and travelled around the world teaching in U.K., Austria, India, Thailand and Australia. She runs retreats in tropical North Queensland Australia and in luxurious locations all over India.

- * Gold Diploma of Hatha Yoga, Gita International School of Yoga, Australia 2007
- * Post Graduate Certificate in Progressive Yoga Relaxation
- * Training in Ashtanga Vinyasa Yoga, Yoga Alliance, Thailand
- * Advanced Training in Yoga Practice and Teaching Skills - Yoga Alliance, Austria, 2012
- * Association Member of Yoga Australia

professional practice qualifications

- * M.S.W., B.S.W., B.A., M.A.A.S.W.
- * Advanced Psycho-dynamic Marital Therapy - Centre of Relationship Education, Internship training - Relationship Australia
- * Certificate IV in Training and Assessment
- * Graduate Diploma Family Dispute Resolution



CONTACT

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www.katinapallaras.com

*Yoga Mentor | Author |
Family Law Mediator | Psychotherapist*

experience yoga

YOGA PROGRAM
WITH

Katina Pallaras

yoga program

- * *Feel more relaxed and balanced in your life*
- * *Create a calmer mind as well as an open body*
- * *Find the secret to emotional and physical health*

This exclusive introductory yoga program is more than an exercise in restoring strength and flexibility of the body. This program is designed to lead you on a journey of self discovery and to the connection of your whole being.

In exploring new ways to read your body, you will become re acquainted with yourself. In learning to create space for the mind to refresh, you will experience a renewed sense of well being.

This program has no requirements except a willingness to awaken your mind and body.

program content

- * Various styles of yoga to open, align and strengthen the body (*Asana*)
- * Breathing techniques to purify and oxygenate the blood and nervous system (*Pranayama*)
- * Meditation to reduce stress and quiet the mind (*Dhyana*)
- * Progressive Yoga Relaxation to experience a deep sense of peace (*Yoga Nidra*)
- * Yogic principles for a holistic lifestyle

program structure and location

6 x 1 and 3/4 hour sessions

KX Pilates Studio
Level 1, 296 Doncaster Road, Balwyn North VIC 3104
(enter via Agnes Ave)

start dates

Tuesday evening program commences:
17th July - 21st August

time:

6.30pm - 8.15pm

Or

Thursday morning program commences:
19th July - 23rd August

time:

9.30am - 11.15am

cost

\$210

payment

Since numbers are limited, early bookings are essential.

Full payment is required no later than 3 days before the commencement of either program.

Please visit **www.katinapallaras.com** for payment details.

VISIT KATINA'S WEBSITE FOR

- *private or small group yoga classes*

- *information regarding Katina's yoga retreat to India in October*

&

- *appointments relating to individual & relationship consultations*