

# Yoga & Healing 2018

Gaia-Oasis offers a Yoga & Healing session several days a week for our guests. The session differs depending on the practitioner in residence; and may include yoga, dance, bodywork, meditation or some other form of healing work.

If you would like to join a Yoga & Healing session, please inform any of our friendly employees in advance, so that we can support your needs. As far as possible, our programs are designed for everybody, regardless of whether you are a beginner or an advanced practitioner.



## **01–31 of January 2018, Margit Weingast**

Yoga is for me a balancing and nurturing practice for body, mind and soul. It's an art and a science of transformation. I began yoga in the year 2000 and have been teaching since 2010. I speak German, English and un petit peu Francais. I endeavor to guide myself and all those working with me to a healthy relationship with our bodies and to develop our potential as human beings. By coaching and teaching yoga I support people to follow their inner wisdom and celebrate life. My students in Austria appreciate the space we create together while practicing yoga - physically and spiritually. With respect and thanks to Iyengar, Dona Holleman, different Anusara-yoga-teachers and my Hormon-Yoga-Teacher Lalla Truske I created my style of teaching yoga. I hold certificates of teacher-trainings from Cityyoga, Graz and Anusara, Berlin and love to be inspired by different ways of holistic bodywork and dance. Every time my students and I, we roll out our yoga-mats, eather at the organic hotel Tauss in the beautiful vineyards of South Styria or at the open classes in the village where I live, I focus on awareness and biomechanics alignment and invite everybody to a joyful, light-hearted approach. Besides yoga I am passionate about hiking and cycling. And I love to cook for my family and friends.



## **March – April 2018, Aleks Nikolic**

I'm called Aleks, was born in Switzerland, have Serbian roots and am a 300 hours certified Hatha & Vinyasa yoga teacher. I left my hometown Zurich in October 2015 to follow my heart and explore my inner world while traveling through the outer one. For me yoga is more than just putting the body in postures during 90 minutes. For me it's all about Living Yoga and that's a 24/7 job: "How can I see the Divine in everything?"

I believe that on our yoga mats we can become mindful about our usual habits, thoughts and patterns in daily life. How we (re-) act on the mat is how we (re-) act in life – what a beautiful, safe and

also structured way to get to know ourSelves in 90 minutes.I'm passionate about creating a space for you where you can feel yourself again and re- learn to relax into life when it goes up and down. In classes, I ask questions you can reflect on instead of imposing dogmas or rules on to you. EveryBODY is different.My teaching styles are very intuitive and depend on who is in front of me – always choosing between Yin Yoga (evenings) and Mindful Vinyasa Flow (mornings) with the intention to share yogi tools, so that you can create your own rituals and manage you own system.*As a yogini I love to experiment first on myself and then teach from a place of personal experience and insight.*



**July-August 2018, Atmavani (Jacqui Fletcher)**

My name is Atmavani (Jacqui Fletcher) and I am a full-time Yoga teacher based on the Central Coast of New South Wales, Australia.

I have a strong interest in health and wellbeing so both my own practise and teaching have developed a strong therapeutic focus. Each week, I have a particular theme to my classes. The inspiration for these themes comes from a variety of sources including the seasons, Yogic philosophy, student requests and health issues identified by the students themselves.

I teach an integrative style of Yoga that pieces together a range of different practices from a wide variety of Yoga styles. With Hatha Yoga at its core, this tradition also borrows from Raja, Karma, Jnana, Mantra and Bhakti Yoga styles to form a wholistic approach. With this blending of practices from a number of different Yoga styles, the idea is to try as many as you can and then choose the ones that best suit you. The philosophy behind this Yoga tradition recognizes that everyone is different and, therefore, each person requires a unique combination of practices to bring them into balance and harmony.

A key feature of this style of Yoga is its adaptability to suit almost all levels of student mobility and flexibility. This means that if you can't tie yourself into a pretzel or even sit on the floor, you can still participate. Practises can be as challenging as the students' capacity allows and tailored to address a whole range of health issues. Stress reduction and the tools to deal with the symptoms of stress as they occur, are also important and highly

	<p>valued outcomes.</p> <p>I found this style of Yoga during a period in my life when I was seriously ill with an auto-immune disease. As with all such illnesses, stress plays a big part in my level of wellbeing. When I attended my first class, I couldn't believe the level of relaxation I had achieved in just an hour and a half of practice. I was hooked immediately!!!</p> <p>I decided I needed to find a way to incorporate Yoga into my everyday life. Having an extremely stressful career, I just knew it was time for a change. So I spent two and a half years training full-time with the Academy of Yoga Science at Mangrove Yoga ashram on the Central Coast of New South Wales. As well as a comprehensive study of Yoga, the course delivers well-rounded training with the inclusion of exercise science and anatomy &amp; physiology subjects.</p> <p>I am now doing what I love and feel I was meant to do – I believe I have found my dharma - and I look forward to sharing my passion with you!</p>
	<p><b>01 – 30 of June 2018, Radhika Nosbers</b></p> <p>RADHIKA is an internationally living and working Yoga Teacher, Massage Therapist and Energyworker. After a lot of years of intense yoga practice and meditation she made her passion her profession. She is trained in different Yoga styles: Integral Yoga RYT500, Inner Flow Vinyasa Yoga, Yin Yoga, Chakra Yoga, Yoga Personal Training and also in Ayurveda and Hawaiian Shamanism (Lomi Lomi Nui Massage, Ho'oponopono). For many years now her passion for Yoga has been bringing her regularly to India, where she moved in 2013 to live and study the ancient principles of Yoga and Spirituality. Based in Goa for six months, she is practicing meditation and Yoga, teaching Yoga and giving massages: Lomi Lomi Nui Energymassage, Ayurvedic Abhyanga and Thai massage; and Energywork: Reiki and Chakra balancing in Resorts and Yoga schools. She is deepening her own Yoga and Meditation practice for two to three months mainly in Rishikesh and Dharamsala in North India, after the season in South India finishes. During the European summer, Radhika leads Retreats and Yoga trainings in Germany and on the Canarian Islands. Radhika is taking care of you with joy-hearted energy and precision during your Yoga practice as well as</p>

	<p>during your Massage and Energy treatment.</p>
	<p><b>July-August 2018, Ruth Fabianke</b></p> <p>Ruth Fabianke before becoming a yoga-teacher, Ruth (born 1960 in Hamburg, Germany) studied social sciences and worked till the end of 2004 at different places in leading positions. She realized that many things in society called social are not social at all for the people involved. 2005 became a turning point in her life. She concentrated on studying and teaching yoga. Grounded on the mental heritage of Sri Aurobindo (1872 – 1950), one of India’s greatest yogis and spiritual teachers Ruth assimilated techniques and methods of other yoga-traditions – for example Yogi Bahjan, Sivananda, Iyengar, Desikachar. Finally all paths of yoga want to reach the same goal. In this way she creates her own lessons which might help people to become more aware of their body and hold it agile, to relax their mind and to come to an inner silence for meeting the Self. This is what Ruth’s yoga is for – in between a lovely surrounding to become more conscious, sensitive and respectful with someone’s Self, in relationship with others, for the nature and the Devine. Come, see and let you to be touched by practicing yoga - asana, karana (static position and dynamic movements to loose, stretch and strengthen the body), pranayama (feel and work with the breath) and dhyana (meditation) – the path to holistic health.</p>
	<p><b>01-30 of September 2018, Melanie Smith</b></p> <p>Melanie is a Melbourne, Australia based Yoga instructor who teaches a vinyasa yoga class, suited to all levels of experience. Melanie comes from a strong ashtanga / vinyasa background and is very passionate about health and wellbeing with a daily meditation practice, whole food plant based diet and curious nature to continuously learn. Melanie studied a Bachelor of Health Sciences majoring in Public Health and Anatomy and Human Biology, before completing her yoga teacher training in Goa, India. This background gives her a sound understanding of the human body and lead her to pursue a career in the health industry. Melanie has worked as part of one of the largest professional services firm’s in the world for 4.5 years, which has given her great insight on the importance of, and tools for, selfcare, mental health, nutrition, sleep, community and physical exercise. Outside of yoga she is a keen runner, lover of HIIT</p>

	and speaking French!
	<p><b>04-30 of October 2018, Yulia Tumanova</b></p> <p>Hi! I'm Yulia, A certified yoga teacher from Siberia (Russia). Yoga has been a transformative force in my life over the past 7 years. I started teaching yoga in Russia, then completed my RYT-200 level yoga certification in Ubud, Bali. Since 2015 I've been living in New Zealand and continued my yoga teaching there, becoming further inspired by local Kiwi yoga teachers. I really enjoy sharing my multi-cultural yoga experience with others. I have a varied teaching style, mostly based on Hatha and Ashtanga/Vinyasa yoga, and balanced for students of all levels to explore an alignment-based, dynamic practice that cultivates greater stamina, strength and flexibility. Students will be challenged in a playful and supportive way, experiencing various postures to move beyond their perceived limitations. I believe there's always room for continuous improvement and progression. You'll be amazed at how transformative and rewarding yoga can be. Don't take it too seriously, just be yourself and enjoy. I'm look forward to welcoming you to my class!</p>
	<p><b>01 – 30 of November 2018, Radhika Nosbers</b></p> <p>RADHIKA is an internationally living and working Yoga Teacher, Massage Therapist and Energyworker. After a lot of years of intense yoga practice and meditation she made her passion her profession. She is trained in different Yoga styles: Integral Yoga RYT500, Inner Flow Vinyasa Yoga, Yin Yoga, Chakra Yoga, Yoga Personal Training and also in Ayurveda and Hawaiian Shamanism (Lomi Lomi Nui Massage, Ho'oponopono). For many years now her passion for Yoga has been bringing her regularly to India, where she moved in 2013 to live and study the ancient principles of Yoga and Spirituality. Based in Goa for six months, she is practicing meditation and Yoga, teaching Yoga and giving massages: Lomi Lomi Nui Energymassage, Ayurvedic Abhyanga and Thai massage; and Energywork: Reiki and Chakra balancing in Resorts and Yoga schools. She is deepening her own Yoga and Meditation practice for two to three months mainly in Rishikesh and Dharamsala in North india, after the season in South India finishes. During the european summer, Radhika leads Retreats and Yoga trainings in Germany and on the Canarian Islands. Radhika is taking care of you with joy-</p>

	<p>hearted energy and precision during your Yoga practice as well as during your Massage and Energy treatment.</p>
	<p><b>01 – 31 of December 2018, Cat De Schaepmeester</b></p> <p>Cat (Gert) has been practicing Qigong and Yoga for the last 12 years; she is inspired by the connection between body and mind. After finishing her Physical Education Master and Qualified Teacher degree in Belgium, Cat combined teaching Physical Education with organizing 'off the beaten track' tours in Asia. Her teachings are inspired by all the authentic teachers she has encountered on her personal quest in Asia, from teachers in the Tibetan Buddhist tradition, Chinese Medicine and true Yogis and Yogini's. Once we start to sink from the head to the body and start living from the heart, a new world, filled with joy and self-love opens up. Rather than focusing on how our yoga poses look, from a therapeutic viewpoint, Cat focuses on yoga techniques that can relieve pain and help people. Cat is a qualified yoga teacher; she has studied at Pyramid Yoga with David Goulet, at Krishnamacharya Yoga Mandiram, at Ubud Bodyworks, Bali and at Kundalini Yoga school, Bangkok.</p>

**Volunteer Yoga teachers wanted!!!**

Teach Yoga in Gaia-Oasis for a few weeks and in exchange, receive accommodation, food and an unforgettable experience in Bali. For more information please contact us at [yoga@gaia-oasis.com](mailto:yoga@gaia-oasis.com)