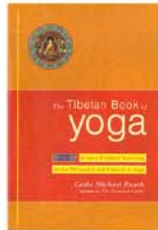


A wholistic yoga experience for body, heart and mind derived from the ancient traditions of Tibetan Buddhism and classic Indian yoga systems. Tibetan Heart Yoga joins both asana postures and meditation to bring physical balance and well being. Working also at deeper levels Heart Yoga harmonises the inner subtle energies to bring greater conscious awareness and an open hearted approach to life.



The **Tibetan Book of Yoga** by Geshe Michael Roach

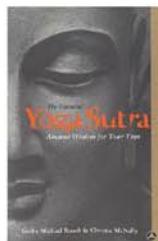
The Tibetan Book of Yoga is a short, easy to follow instruction book that teaches a unique method of practicing yoga, called "Tibetan Heart Yoga". When you practice Heart Yoga, you use more than just your body. You also work from the inside: using your mind, your heart, your thoughts and your breath. This results in a strong and flexible body, and a happy and healthy heart. It is simple and profound, and anyone can do it—no matter what age or physical condition and no matter what spiritual tradition one follows.



**How Yoga Works** by Geshe Michael Roach & Christie McNally.

Everyone knows that The Yoga Sutra is the ultimate source of all yoga. What you may not realize is that this ancient book also contains all the secrets you need to know in order to heal both your body and your heart; to overcome any kind of illness or unhappiness, and reach a place of splendid health, strength, and peace.

The secrets of how yoga really works to make us truly whole are revealed here in a delightful story based on how these precious teachings reached Tibet from their home in India, over a thousand years ago.



**The Essential Yoga Sutra** by Geshe Michael Roach & Christie McNally

The Yoga Sutra of Patanjali is a classic Sanskrit treatise consisting of 195 "threads," or aphorisms, describing the process of liberation through yoga. Although little is known about Patanjali (most scholars estimate that he lived in India circa 200-300 b.c.), his writings have long been recognized as a vital contribution to the philosophy and practice of yoga. This new, expert translation of the original Sanskrit text of Patanjali's best-known work presents his seminal ideas and methods in accessible, plain-language English.

## YOGA STUDIES INSTITUTE AUSTRALIA

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yoga  
studies  
institute  
australia

*"You cannot enter the  
door of yoga without  
kindness and compassion  
for others"*

Changkya Rinpoche  
1717-1786  
Yoga teacher to the emperor of China  
and His Holiness the Seventh  
Dalai Lama





## YOGA STUDIES INSTITUTE AUSTRALIA

### WHAT IS YSIA

The Yoga Studies Institute is a not for profit educational institute that thoroughly grounds students in the classical traditions of Yoga. The study program reunites the outer methods of asana postures with the inner methods of meditative wisdom. Such a holistic body, mind and heart practice is designed to bring about nothing less than the end of suffering and the highest goal of spiritual enlightenment.

YSI's Yoga teachings come directly from the oldest and most authentic Yoga lineages. YSI works closely with the Asian Classics Input Project to locate, preserve and translate the most ancient and precious of texts, many of which have been lost up until now. Geshe Michael Roach and Christie McNally have worked tirelessly to locate and translate these texts to form the foundation of the coursework for the YSI study program. Geshe Michael Roach is the first westerner to receive the Geshe Degree from a Buddhist monastery and is a world renowned scholar of Buddhism and Sanskrit.



"Heart Yoga works on your heart in both ways: it makes your physical heart and body healthy and strong, and it opens your heart to love others. And of course the first always comes from the second..."

Lama Geshe Michael Roach

### SOURCE OF THE TEACHINGS



Now the YSI teachings are available in Australia through the efforts of one of Geshe Michael Roach's main students, Giselle Ansellin. Giselle is the director of the **Diamond Cutter Buddhist Study, Retreat and Yoga Centre** in Australia and has been a long time student of Geshe Michael Roach and Christie McNally in Arizona. Giselle has been a practitioner of Yoga for over ten years and teaches Yoga in both the USA and Australia.

### YSI IN AUSTRALIA

...YSIA is committed to bringing together the synthesis of yoga philosophy and asana practice...

