

5 Element Form Workshop with Peter Clifford

Salzburg / Mattsee
Fri, 15th of Sept. 2 pm
to Sun, 17th of Sept. 5 pm



The **Five Element Form** is part of an ancient Tantric **Yoga** practice known as Tattwa Shuddhi Sadhana element purification practice. This practice was shared with Peter Clifford at the Kamakhya Tantric Temple in Assam in Northern India by his teacher Swami Shankara.

5 Element Form Workshop

Mattsee, Fri, 15th of Sept. 2 pm to Sun, 17th of Sept. 5 pm

Location: Mattsee (directly at the lake), www.sterntaler-mattsee.at

Course Fee: € 320,- plus € 40,- to € 60,- all included

Info: www.anahatayoga.com.au

Booking and detailed information Florian Eibl:

www.flows.at / info@flows.at / +43 (0)650 - 7900710

Lectures

The origin of the Five Element
Form from Shiva the AdiYogi

The ancient Indian text

The Shiva Swarodaya

Shiva's Dance of Love for Shakti

Philosophy of the Five Elements

Practice

The 20 physical
Five Element form
movements

Pranayama breath practices
Meditations of the 5 elements
Five Element form therapy

Evenings

Five Element Dancing

Fire Gazing, Star Gazing

Five Element Mantra (Chanting)

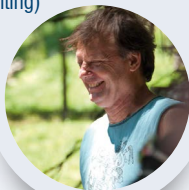
Fire Puja (Rituals)

Meditation

Five Element Meditation

Five Element Nyasa (NLP)

Yoga Nidras, (Relaxations)



Peter Clifford

Peter is the founder and director of Anahata Yoga, senior yoga teacher (E-RYT 500) and teacher of the Five Element Form. He has studied and practiced yoga for 52 years and developed the unique, powerful and comprehensive Anahata Yoga philosophy, which manifests in asana as the Dance of Shiva and Shakti.

Peter's teaching style reflects his experience as a household yogi and his training in Assam, India. He embodies the qualities of grace, humour, compassion and non-judgement, and provides his students with the tools to apply the philosophy of yoga to all aspects of daily life.