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Front page + Article

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Hare Krishna's yoga adventure

GOOD FOR THE SOUL: Yoga instructor Lila Kirtana leads a class of students including Robert Ricketts, Mai Nice and Henrike Schreer at the Hare Krishna Village. Page 9.

PHOTO: SCOTT BOLWICK

Spirituality not a stretch at farm

Sue Gardiner

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YOGA is now big business. But maintaining its spiritual roots is helping provide a point of difference in a crowded marketplace for the Hare Krishna Farm at Eungell.

After many years of offering yoga classes, the farm recently launched a Hatha yoga instructor training program, with the first students about to graduate. Krishna village co-director Henrike Schreer said there were a host of yoga training programs, but the emphasis of many appeared to be on ticking off accreditation boxes.

However, the farm was offering a holistic program which immersed trainees in consciousness raising, nutrition, and interacting with others in a positive way while also showing how to teach and run a successful yoga business.

"Being a yogi is so much more than doing postures, it's a way of life," Ms Schreer said.

"Students (at the farm) are deeply immersed in the lifestyle, not just learning theory."

She said the program was also proving a lure for Woofers, or volunteers, to stay longer on the farm.

Yoga trainer Lila Kirtana said their approach was already drawing students from around the world.



DEEP CONSCIOUSNESS: Yoga instructor, Lila Kirtana, leads students Robert Ricketts, Mal Nice, and Henrike Schreer at the Hare Krishna Village. PHOTO: SCOTT POWICK

Former ABC radio presenter and digital marketing consultant, Polly McGee from Tasmania, was booked into another yoga training course in Sydney

until she heard about the "holistic" program being offered at the farm.

"It's a big commitment in time but it's absolutely worth it in terms of being

really properly taught how to be a yoga teacher."

The six-week yoga teacher course starts at \$2695 including food and accommodation.