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March 31 - April 4, 2010
Ubud - Bali - Indonesia



Yoga

Simone MacKay & Troy McFadden (Bali - USA)



Presenter Bio:



Simone MacKay

Simone MacKay (E-RYT200, RYT500), director of the School of Sacred Arts, was raised and educated in Switzerland, graduating with a degree in social work. After years of serving as a counselor specializing in women's issues, Simone began her yogic journey with a Yoga Arts training in Australia. Initially inspired by Ashtanga, she moved on to study Vinyasa Flow, Yin Yoga, and yoga therapy while teaching throughout the greater asian realm. Upon establishing residency in Indonesia, she founded SOSA and has been leading yoga teacher trainings, retreats and workshops in Japan, Bali, and Thailand.

[website](#)

Yoga

Akasha Tobias a.k.a Sky
Bridget Woods Kramer
Carole Baillargeon
Cat Kabira
Cherie Rae
Daniel Aaron
Danny Paradise
Deborah Koehn
Duncan Wong
Gede Prama
Eoin Finn
Heather Duplex & Prem Carlisi
I Wayan Marcus Wistika
Jacqueline Heisel
Jeff Von Schmauder
Joseph Lee
Kadek Suambara
Katy Appleton
KumiKo Mack
Linda Madani
Mark Whitwell
Matej Jurenka
Ninie Ahmad
Patrick Creelman
Peter Sterios
Rachel Zinman
Rebecca Pflaum
Ryuchi Rocky Mustafa
Shiva Rea
Simone MacKay & Troy McFadden
Sri Jane
Steve O'Connor
Therese Poulsen



Troy McFadden

Based in SE Asia for over 12 years, Troy established The Sanctuary Resort's Spa and Wellness Centre in Southern Thailand in 1998 and a Bikram's Yoga College of India in the US in 2002. After training in Vipassana meditation during several intensive retreats in Buddhist monasteries, Troy became a registered counselor, facilitating groups and individuals through fasting, cleansing, and detox programs.

Currently employed as a consultant for wellness centers in Bali and Costa Rica, a writer for such publications as Yoga Journal, and an actor in feature films, Troy teaches at yoga teacher trainings, retreats, and workshops in Japan, Bali, and throughout the world with the School of Sacred Arts.

[website](#)

Workshop Description:

The Art of Yoga Making it Your Own

Along with the universal truths and the fundamental aspects of Yoga—the science—there exists a vast array of authentic, effective approaches, some of them existing in seeming contradiction to one another. Our journey, then, involves adopting the elements that resonate most deeply within, and letting go the rest.

No yoga style, technique or teacher is suited to everyone, and the ultimate aim of our yoga practice—or any endeavor—is to weave together the methods that allow us to best serve Spirit, thereby 'making it our own'. In doing so, we create art, make love, and accelerate evolution: our highest callings. Yoga doesn't care how you get there, but you must 'work out your own path with diligence', in the words of the Buddha.

Join us as we discuss, explore and create our very own practice during this informative and liberating session. All levels welcome, from novice to 'advanced'-if 'advanced', bring your beginner's mind along with your mat

Last Updated on Tuesday, 16 February 2010 12:10

Iwee Merrigan
Uma Inder
Vasumi
Wayan Sukadana
Yudhi Widyantoro

Dance

Amalia Wai Ching Lee
BR Indra Udayana
Circles of Alchemy
Cloe Jackson
Cudamani
Daniel Li Ox
Ellen Watson
Hoop Dance Collective
Ketut Arsana
Merta Ada
Gwyn Williams
Megumi & Pablo
Michael Hallock
Nick Woolsey
Ojeja Cruz Banks
Rukmini Vijayakumar
The Bollywood Sisters
Tina Nance

Music

Afro Moses
Brian Parks a.k.a BKP
Cheb I Sabbah
Cye Wood
Daphne Tse
D'Cinnamons
Ganga Giri
Hamanah Dance & Drum
Gabriel Pachakroma
High Priestess
Geoffrey Gordon
I Nyoman Windha
Kevin James
Kulturition
LYNX and Janover
Love in The Circus
Mamadou Diabate
Richie Perrott
Sachico Kojima
Samian
Sankirtan Byron Bay
Susu Ibu
Sylvia van Sweiten
Wasu Brothers
Wavegarden
Yeshe & World Citizen

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