



A COMMUNITY SERVICE DONATED BY SAMYAMA YOGA

ABOUT THE PATRON OF SAMYAMA YOGA —BILL GILES

For more than 30 years, after being introduced to Satyananda yoga on a long weekend retreat in 1971, Bill Giles has maintained a focused interest in the practice of yoga. About this time, having achieved success in sport, engineering studies and with a supporting family and many friends, like many young people, Bill began questioning the purpose of his life. He was feeling more and more lost and upset with his life—somehow, all his wonderful accomplishments were meaning less and less to the real purpose of his life.

For several years before this, Bill had been a dedicated judoka, and his sensai, John Mount, became the catalyst to focus Bill in his pursuit of the purpose of life—subsequently Bill completed his engineering studies, began metaphysics studies through the Rosicrucian Order, enrolled in full-time biology at the James Cook University (which extended to a further several years of full-time study at four Australian Universities), delved into yoga and Chinese medicine.

This pursuit is still ongoing and continues to add to his broad academic background and his experiences as diverse as living with traditional aboriginal Australians—to serving as a director of the Federation of Natural and Traditional Therapies, which is the umbrella group for complementary medicine in Australia. He has gathered diverse qualifications in complementary medicine and still practices one form of the martial arts.

Although widely known as a medical biologist specialising in immunobiology, Bill relates more to being a guide to those also feeling lost in life, either through health, mental, social or spiritual disruption. To this end, Bill continues to conduct yoga classes following a more classical approach and presents workshops and seminars in yoga and associated health fields. He has written the following books to assist with his work, which are available at the Canberra Medical Ecology Centre website <http://www.nibm.com.au>.

'Death Begins in the Colon', 1996 ISBN 0-646-28308-1

'No More Chronic Fatigue: Improving immune strength and efficiency', 2000 ISBN 0-64639742-7

'Remove and Improve: the comprehensive intestinal cleanse', 2001 ISBN 0-9578577-0-5

'The Elephant and the Child: the yoga sutra of Patanjali', 2002 ISBN 0-957857721

www.yogalink.com.au



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A Trilogy of Yoga

Book 1 'In Search of Yoga', 2004

Book 2 'The Yoga of Happiness', 2004

Book 3 'The Yoga of Samadhi', 2004

Books soon for publication:

'The Meditation Techniques of Patanjali'.

'Using the Five States of Consciousness'.