

ASHTANGA YOGA INTENSIVE:  
SELF-EMBODIMENT AND GESTALT CONTOUR  
2 Day Intensive with Santina Giardina-Chard  
Vienna, Austria

**Date: 15 & 16 June, 2024**

**“Without the inner the out has not meaning, but without the outer the inner has no substance”. (R.D. Laing)**

The spiral of the INNER LIFE is the journey of life.

In this intensive we will explore the spirals of the Inner life through the Ashtanga Yoga method and Gestalt Therapy.

**Here, and Now**

There is something deeply within us, a movement, a rhythm, a voice, an urge, an energy that through lack of acknowledgment and habitual conditioning lies dormant. It yearns to emerge. Its elusiveness may prevail in spite of yoga practice but it awakens when conditions are favourable. The awakening is initially physiological but then it spreads into other areas of our experience.

In this intensive we experience Ashtanga Yoga as much more than a set sequence of postures. We go into an experiment in the practice. The experiment deepens as the body lets us in. Everything that we are conscious of is felt, because consciousness itself is experience. Feeling is the bedrock of experience and the elementary tool in practice.

We deepen our understanding of the structure of this unique method and explore the broad perspective of how this system can augment the teachings of the Inner Mind, Psyche and the teachings of the Spirit.

**Going Inward**

Powerful coming out-ness results from many years of going inwards, from deep inner exploration. Our own experience takes us inwards. Introspection, self-observation and reflection forms the bedrock of all practices and requires sensitivity.

We go in to come out; this is the art of practice.

Traversing the spine, sensing the vertebrae and the emptiness between them, directing awareness to the deep pelvis, following the breath into an unknown inner space involves an inward movement of the mind. The mind enters the body and the body delivers what lies beneath.

When we go in, we come out spontaneously and in tune with our “inness”.

## **The Body**

The body needs the mind, and the mind needs the body. The body must remain pure, untouched, not "used".

Why do we hurt ourselves?

Why do we sacrifice the body for the sake of ideas, for the ultimate "cause"? Even if it is the ultimate, it is always a cause.

Experience has taught me that my own body is the source of all vital information that has enabled me to achieve greater autonomy and self-confidence. The body is the guardian of the truth, our truth, because it carries the experience of a lifetime and ensures that we can live with the truth of our organism.

## **Course Content:**

- \* 2 mornings (3 hours) morning Mysore practice
- \* Two afternoon workshops ( Saturday and Sunday) (2 hours) interactive discussion, in-depth anatomy of the body and the landscape of the psyche

## **Mysore Practice:**

This is a non-traditional I Mysore-style asana practice. Practitioners will be supported by me through cues, assists but self-directed. To participate harmoniously, you must have an asana sequence that you can practice on your own, without external direction.

Ashtanga Vinyasa will be the predominating style, but other intelligent, breath-based vinyasa krama sequences are welcome.

## **Afternoon workshops**

### **Class Format**

60 % Lecture & Discussion (approximate)

40 % practice (approximate)

What to expect:

- Each afternoon will consist of group sharing, interaction and question and answer. Teachings of the spiritual laws of life, the mind and the inner life.
- Review foundational hip anatomy with a physical practice examining hip flexors and extensors (forward and backward hip motions). You'll also look at the literature around stretching vs. strengthening.
- Explore lateral and medial (side-to-side) stability and these muscles' role in maintaining balance.

- **Foot function**

Explore the anatomy of the foot  
How crucial this understanding of the foot is in all asana

- **Tailbone and Talus Bone**

Explore how the tongue, the trachea (in the throat) , the tailbone and talus bone (in the foot) are crucial in exploring correct anatomical, energetic and psychic alignment in each asana.

- **Pelvic Floor** - muscles are exercised to create more dynamic flexibility, affecting hip flexibility and the entire spine. Using movement, visualisation, asana and touch to develop a visceral understanding of how these muscles affect your entire body.

What You'll Need

- Mat
- Writing material
- Open mind
- Tissues to Cry

**PRICES:**

**2 days:**

Full Program (2 Mysore + 2 workshops): EURO 210