

ASHTANGA YOGA INTENSIVE:  
SELF-EMBODIMENT AND GESTALT CONTOUR  
3 Day Intensive with Santina Giardina-Chard  
El Bolson, Patagonia, Argentina.

**Date: 24 -26, January 2025**

**“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**

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.

### **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”?

We explore how and why we do this!

## **Course Content:**

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

## **Mysore Practice:**

This is a non-traditional 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.

## **What to expect:**

- Intimate contact and dialogue with each student, specifically focusing on their practice and inner life.
- Exploring yourself with the group, sharing yourself, and offering yourself and your experience
- Exploring spiritual laws of life, the mind and the inner life and group discussion.
- Review foundational hip anatomy examining (forward and backward hip motions), rotational hip joint rhythms and how to integrate these movements in asana.

## **Investment**

### **3 days:**

Full Program (3 Mysore + 3 workshops) :

Website payment:

[www.insanyog.com](http://www.insanyog.com)

Direct Link:

[https://wise.com/pay/r/LEK0eg\\_w\\_PnKDW4](https://wise.com/pay/r/LEK0eg_w_PnKDW4)

