

**ASHTANGA YOGA INTENSIVE:
SELF-EMBODIMENT**
5 Day Intensive with Santina Giardina-Chard
El, Bolson, Patagonia, Argentina

Date: 11- 15 January, 2025

The Buddha said,

“THE WHOLE UNIVERSE, OH MONKS, LIES IN THIS FATHOM-LONG BODY AND MIND.” *AYYA KHEMA (1991, P.54)*

Experience Ashtanga Yoga as much more than a set sequence of postures. Deepen your understanding of the structure of this unique method and explore the broad perspective of how this system fits into the more extensive teaching of Yoga, the Mind and the teachings of the Spirit. The body needs the mind, and the mind needs the body. The body must remain pure, untouched, not “used”.

In this intensive we will explore the body through the Ashtanga Yoga asana sequence. . You are invited to attend if you practice other styles of yoga as we explore the body through asana and not the conventional Ashtanga Method.

In learning this practice, we work with the following principles or ideas:

- Our bodies are our vehicles of awareness.
- There is a relationship and interplay between the physical body, emotions, and thinking.
- Body sensations, postures, and gestures reflect our history and our current ways of being.
- When we engage in asana or expressive movement, the ongoing themes and patterns from our lives are revealed.

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 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

5 days:

Full Program (5 Mysore + 5 workshops): USD 300.00

Class Format

30 % Lecture & Discussion (approximate)

70 % practice (approximate)

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.
- Yoga for 3D Hip Stability Review foundational hip anatomy with a physical practice examining hip flexors and extensors (forward and backward hip motions).

Explorations:

Foot function

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

Tongue, Trachea, 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 Power

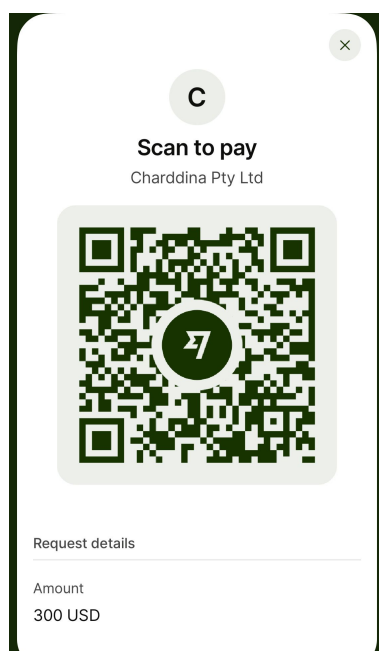
How the pelvic floor muscles are exercised to create more dynamic flexibility, affecting hip flexibility and the entire spine.

What You'll Need :

- Mat
- Writing material
- Open mind

Direct Link:

<https://wise.com/pay/r/i8jYjSWT8KJgwHI>



Website payment:

www.insanyoga.com