

The Spiral of the Inner Life : An Exploration Through Ashtanga Yoga and Gestalt Therapy

Welcome to the Journey

The spiral of the *inner life* is the very journey of life itself. In this transformative intensive we will delve into the spirals of the inner life by weaving together the powerful practices of **Ashtanga Yoga** and **Gestalt Therapy**.

Through the lenses of movement and self-awareness, we will immerse ourselves in the **here and now**, discovering new depths within our practice and ourselves.

Session Overview

1. Here and Now: The Experiment of Practice

In this Intensive, Ashtanga Yoga becomes more than a sequence of postures—it becomes a living experiment. Together, we will:

- Explore how the body guides us inward when we allow it to open and let us in.
- Learn to *feel* deeply, connecting to the essence of experience itself.
- Use feeling as the foundation of practice, transforming our awareness and allowing the body to reveal its truths.

By moving with consciousness, we transform practice into an exploration of the *inner mind, psyche, and spirit*.

2. Going Inward: The Art of Practice

The true power of practice lies in the delicate balance between going inward and coming outward.

- Deep introspection and self-reflection form the cornerstone of our inner work.
- We will cultivate the sensitivity needed for honest self-observation, recognising how our personal experiences guide us deeper into the spiral of life.
- By "going in to come out," we unlock a profound understanding of how inner exploration leads to outward empowerment and growth.

3. The Body: A Sacred Vessel

The body and mind are deeply interdependent—each relies on the other for harmony and balance. We will contemplate questions such as:

- **Why do we hurt ourselves?**
- **Why do we sacrifice the body for ideas or ideals?**

Through mindful movement and dialogue, we will explore ways to honour the body as a pure, untouched vessel, cultivating a deeper connection between the body and mind. This approach helps us identify and transform unconscious patterns that may lead to self-sabotage.

Underpinnings

Through the Pillars of Gestalt: Field Theory, Phenomenology, and Dialogue

We embark on a journey of introspection—learning to "go inside."

"Going Inside" as a Path to Awareness and Creativity

To "go inside" is to engage deeply with one's inner world—a fertile space where self-understanding emerges and creativity is born. This process invites us to attune to the subtle nuances of our internal experience, often overlooked in the rush of daily life. By slowing down and cultivating awareness, we begin to notice the body's quiet signals: the sensations, emotions, and thoughts that arise and evolve in the moment.

Grounded in Field Theory, we recognise that our inner experiences are not isolated but are influenced by the dynamic interplay of our relationships, environments, and histories. This interconnectedness reminds us that self-awareness emerges within a broader context, constantly shaped by our interactions and surroundings.

Rooted in Phenomenology, we honor the richness of our direct experience, suspending judgment and preconceived notions to explore what is truly present. By paying attention to "what is" rather than "what should be," we embrace the immediacy of our sensations and perceptions, discovering their transformative potential.

Through Dialogue, we create space for authentic connection—with ourselves, others, and the world. Dialogue encourages us to remain open, curious, and responsive to the flow of experience, fostering insight and mutual understanding.

Together, these pillars of Gestalt provide a map for navigating the inner terrain. They invite us to explore our inner worlds with curiosity and compassion, illuminating a path to deeper awareness and the creative forces that reside within.

What Awaits You

- A journey into the profound architecture of Ashtanga Yoga, where movement becomes a language of the soul.
- Glimpses of Gestalt Therapy as a mirror for the self, inviting awareness and the alchemy of healing.
- A space to dwell in introspection, where questions flow like rivers, guiding us deeper into the mysteries of self-inquiry and reflection.
- A weaving of the threads of body, mind, and spirit into a tapestry of unity and understanding.

- An invitation to honor the sacred vessel of the body, nurturing its purity as a gateway to the unseen.

Here, we do not seek to *gain*—we surrender, we explore, we dissolve into the spiral of the inner life, discovering what has always been.

This workshop is for anyone who:

- Wants to deepen their connection to yoga, beyond the poses.
- Is curious about the relationship between their body, mind, and inner world.
- Seeks practical tools for self-awareness and personal healing.
- Craves a space to pause, reflect, and reconnect with themselves.

Whether you're just starting your yoga journey or have years of practice behind you, this intensive is an invitation to step closer to your true self and discover what lies within.

Join Us

Come with an open heart, a curious mind, and a willingness to explore. Together, we will move, feel, and reflect as we journey through the spirals of our inner lives.

This is more than a workshop—it is a gateway to transformation.

Let's go inward to come out.