

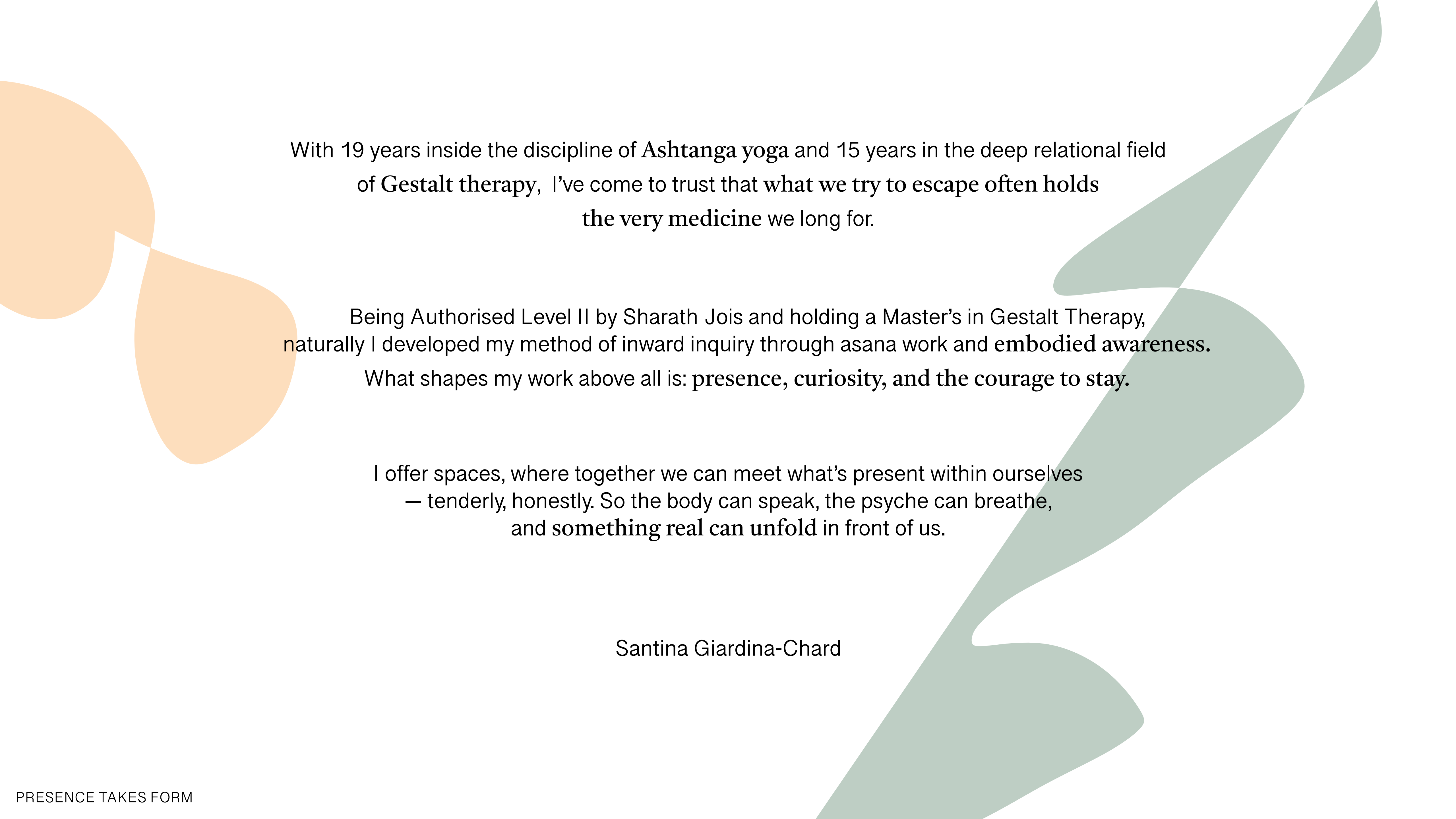
# PRESENCE TAKES FORM

through Asana & Gestalt

11-h practice space,  
held by Santina Giardina-Chard

Zürich, Soulcity studio  
31.10-2.11.2025



The background features abstract organic shapes. On the left, there are two overlapping orange shapes. On the right, there are several teal shapes, including a large one at the bottom and a smaller one at the top right.

With 19 years inside the discipline of **Ashtanga yoga** and 15 years in the deep relational field of **Gestalt therapy**, I've come to trust that **what we try to escape often holds the very medicine we long for.**

Being Authorised Level II by Sharath Jois and holding a Master's in Gestalt Therapy, naturally I developed my method of inward inquiry through asana work and **embodied awareness.**  
What shapes my work above all is: **presence, curiosity, and the courage to stay.**

I offer spaces, where together we can meet what's present within ourselves  
— tenderly, honestly. So the body can speak, the psyche can breathe,  
and **something real can unfold** in front of us.

Santina Giardina-Chard



# TWO BANKS OF THE RIVER

## Asana & Gestalt

Santina offers a transformative journey, that weaves yoga asana with the principles of Gestalt Therapy. This practice blends anatomy, energy alignment, and spiritual teachings, taking you on a journey of self-embodiment.

**Gestalt** is an experiential, in-the-moment approach to therapy that brings you into deeper contact with yourself and others. It's not about fixing — it's about discovering what's true, alive, and possible now. Through awareness, expression, and contact, change becomes possible.

**Asana** is a physical inquiry — a way of entering the body to listen, feel, and be with what's there. It's less about shape and more about contact: with breath, with sensation, with yourself. Through practice, the body becomes a place of meeting, where awareness and experience unfold together.





# THE SPACE OF EXPLORATION

Through contact

Continuous honest contact with yourself is fundamental for a fulfilled, healthy and authentic life.

In this practice space, Santina invites you to explore the **fullness** of contact with yourself and the group field - where self-awareness, embodiment, and expression converge.

In **Gestalt**, the contact boundary is where you meet the world — where inner and outer experience touch. It's the ever-shifting edge between self and other, sensation and environment, where awareness comes alive.

**The interruption or dysfunction of contact boundary** may impact and define our daily life and relationships, while we are even not being aware of it.

Our first physical and tangible contact boundary is our body. Through asana we will experiment in making contact with our **body, a pathway to the deeper spirals of our inner life**. Through attentive presence, the body opens its gates, allowing the unfolding of self-discovery, connection, and healing.





# IT'S YOUR INVITATION

To explore

## Feeling as the Bedrock of Experience

Consciousness is grounded in feeling. In this intensive, we cultivate the sensitivity to feel fully, making this the cornerstone of our practice. The journey moves beyond the body's mechanics to the raw, felt experience of being, opening pathways to deeper introspection and self-expression.




## The Art of living Inside out

True self-expression arises from profound inner exploration. Through introspection, self-observation, and reflection, we develop the tools to navigate the inner landscape. The deeper we go, the more powerful our ability to emerge outwardly — vibrant, centred, and whole.





An abstract orange shape on the left side of the page, composed of several overlapping rounded forms.

In the workshop, I'll support you to feel **this edge**: where you reach out,  
pull back, protect, reveal.

By bringing attention to how you make and break contact — through words, movement, breath  
— we begin to notice the patterns that once protected us but may now limit us.

Held with care, this boundary becomes a place of support and discovery,  
**where real connection and change can unfold.**

Santina Giardina-Chard

A large, flowing teal abstract shape on the right side of the page, resembling a stylized leaf or a dynamic brushstroke.





# HIGHLIGHTS

Of the weekend

## **Asana as experiment**

Integrate the bone rhythms, improving range of motion and strength. Learn about the hips stability, foot function and the anatomy of connection.

## **Gestalt therapy in motion**

Experiment with a fuller sense of presence, explore surface and deeper emotional layers. Learn to feel a feeling.

## **Bridging inner and outer world**

Discover how introspection and self-observation create a powerful foundation for authentic outward expression.



# PRACTICE SPACE OUTLINE

## Themes and activities

**Friday  
3 hrs** Foundations  
Sun Salutations precise breakdown  
Bone rhythms  
HISL: Hip, Innominate, Sacrum, Lumbar

**Saturday  
4 hrs** Standing Asanas  
Structure and flow interplay  
Going inward through feeling

**Sunday  
4 hrs** Back-bending  
Balancing effort and ease  
Connective tissues  
Gestalt group sharing





# PRACTICAL INFORMATION

30%

## **Lecture & Discussion**

Explore anatomy, alignment,  
and spiritual teachings

70%

## **Practice**

Engage in guided yoga sessions,  
designed to deepen your connection  
with your body and mind

## **You will need**

Comfortable clothes  
Writing materials  
Curiosity

Yoga mats and props are  
provided by the studio

## **Investment**

Early bird 400CHF (until 15.07)  
Full price 550CHF

## **Contact for questions and booking**

Raphaela +41768170793  
Renata +41782606780



# THE SPACE

Soul City, Dienerstrasse 10, 8004 Zürich







I ask you not to push, but to stay —  
before, behind, beside the place  
**where something in you shifts.**

To rest near the rim of contact,  
where feeling stirs but hasn't yet formed.

Because in Gestalt, it's not about moving  
forward — it's about being with what's here,  
**and letting that be enough.**

Santina Giardina-Chard