

THE VIJNANA PRACTICE

What our classes are all about.

Based on the seven principles of relaxing the body, quieting the mind, intent, rooting, connecting, breathing, and elongating, the Vijnana practice is based on four pillars of study.

- Just Sitting- (meditation, dhyana)

Just Sitting is an inclusive practice of being present to what comes up. Which, life considered, can be a lot. The discomfort of sitting quietly is real. The mind has a natural tendency to be anywhere but here and to be concerned with any other time but now; therefore, we start with a few minutes, and with repeated practice, the length of your sit increases organically. With simple instructions about posture (which can vary according to one's ability), we connect to the breath, notice the touch of air and observe without correcting, judging even understanding what presents itself.

- Pranayama- Breath work

In the first stages of practice, we observe the breath, its rhythm, its length, and where it stops and picks up. The dimensional breath sequence is taught and practiced prior to pranayama, which is the technique of extending the breath and coming into the places of holding, the suspended state of breath retention.

- Asana, movement-

Known as "the Tai Chi of Yoga," the Vijnana way of moving is slow, meditative, precise, and deeply connected as a whole. But don't get fooled by the slowness; it is deep and generates inner heat (tapas), leaving you with a sheen of serene sweat! The variety of poses and sequences is so rich in their diversity that it guides the body into a dimensional exploration of its fluid ability while being mindful of its integrity. This is where we notice the "workout" quality coming from the inside. Practicing from the inside is undeniably the Vijnana trademark

- Self-study-

It only takes a few minutes of class time to introduce a poem, an exert, or a reflection as an invitation to ponder on the wisdom imparted to us through the old texts and see how it applies to our modern living and way of thinking. Sometimes, all it does is open the window of the mind and let the fresh air in.

Blended with the Vijnana tradition of Yoga, you will also be offered the following classes. As a long-time practitioner and movement lover, these classes were amazingly supportive of my daily practice and everyday living on the land!

The Melt classes- props like the famous Melt roller, the hand/ foot ball, therabands, and other goodies are provided. There is much to say about the efficiency of the Melt treatments, but one word stands out. HYDRATION- When the connective tissue is dehydrated, it gets inflexible and stiff like a dried-up sponge. This causes the fibers and molecules within the Matrix to slowly adhere, inhibiting the tissues' ability to glide.

As a result, the body has less supportive integrity, responsiveness, and connection.

Another point to remember is that connective tissue hydration is at the heart of stability from the macro level of primary systems like the musculoskeletal system to the micro level of every cell and nerve. From the gentle and subtle rocking motions to swaying, undulating movements of the body, you will notice expansiveness in your motion, stability in your grounding, and newfound vibrancy as you live and age gracefully. A must-treatment class for self-care!

The Ring classes- (In the Round) I originally came to gymnastic rings for therapeutic use to help a student recover after a shoulder replacement. The results were so positive that I created innovative sequences, threading connections to the stabilizing system of the body, revealing power with ease. The power of the whole versus the recruitment of isolated parts spoke of a newfound unity, in line with the effortless quality of the Vijnana practice. There is a lot of joy in these classes as we fly into space and return to child-like playfulness. Some gentle acrobatics stimulate neuro-core connections creating pathways that enhance mobility and proprioception.

Blended with the Melt performance treatments, we stimulate deep core connect, oscillating from priming the body to deep release. There is surprise and delight in these classes!

All classes are sprinkled with the **Tensegrity repair series** created initially by Gioia Irwin, my teacher and long-time friend. Her contribution elevates movement to an art form and is also based on the recent study of biotensegrity, the new science of the human body. Doing away with linearity and bone stacking theories open up a new potentiality for easily expressing efficiency while rebalancing the nervous system.

From rolling into shapes to riding waves of buoyancy, momentum brings coherence, rhythm, and an understanding of Nature's wisdom. We self-assemble in spirals, so why should we limit ourselves to linearity?

The series is taught lying on your back with a block under your pelvis, initiating dialogue between the masses of the head, thorax, and pelvis. Breath connects, bones float in a sea of continuity, and joints release in dimensional space. The deep volume of the inner core is revealed. Mind dissolves!

- I hope these exerts on practice and class offerings will spark curiosity and intention to join us on our ever-evolving path. Our practice space, Yurtland, is nestled on the land, beneath trees and surrounded by familiar sights of wildlife; we entrain to the aliveness of Nature which means that the organic setting is prey to climatic surges! The solar system provides light, the woodstove provides heat, and I am forever thankful to my partner for troubleshooting the challenges of living so close to the wild can spring unexpectedly.

On a personal note, teaching is not a job but a discipline of love; the countless hours spent preparing the yurt for classes have been integral to my daily practice.

The Vijnana yoga Centre (lovingly called Yurtland by my twins) is not a business either, but a safe haven where we meet as we are, in togetherness, in Sangha, and, practicing side by side, we move like a sea toward a mystery land called Yoga.

With gratitude and deep love,

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A little write-up about myself.

As the new year dawns in a retrograde time, I look back on my yoga journey, and for those who do not know me yet, this might be helpful in your decision to come and study with me.

I started practicing yoga 25 years ago in the Iyengar tradition with Faeq Biria, father Jo Pereira and Aadil Palkhivala. These revered teachers carved a lasting imprint in my beginning journey, infused with profound reverence for the teachings of yoga.

When introduced to Vijnana three years later, I found a strength in the soft feminine approach to practicing that changed the course of my life. I was home in my being, and the intuitive knowledge sparked a commitment to daily practice and has guided my steps ever since. I was certified in Vijnana yoga in Israel, where my teacher Orit Sen Gupta resides while studying with Gioia Irwin, whose contribution to the Vijnana practice opened the door to the world of fascia and biotensegrity.

In 2013 I started an immersion program in Yurtland, which became a three-year teacher training; another training soon followed. I spent six years guiding and training wonderful souls who are now certified with an 800 hour international diploma. With a passion for movement and a fascination for the body as an instrument, I dove into the new science of biotensegrity. I became certified as a Melt instructor while continuing to study the unraveling of the subtle connections and their impact on meditation and breath within my practice.

Meeting Swami Muktibodhananda brought yet another level to my ongoing journey. The flavor of tantric yoga expressed in an earthy, rooted manner brought further understanding to the countless energetic conversations that were going on beneath the visible form. To this day, I still return to my teachers with a humble heart.

Practice is the place where nothing is missing. I meet the mat daily and bow to the ground as a sign of attainment. I have taught for 23 years, thousands of hours, here in Yurtland and in Europe. My mother, with whom I hosted ten-day retreats in France for nine years, asked me, "how many retreats have you offered?" We researched together, going through old planners; this upcoming retreat in January will be my 73rd!

Where was the time found? I don't know. I must have slipped into the timeless, but one thing is for sure, every time I come to you, I feel the tremors of excitement and fear too. Nothing can be taken for granted; my work is to keep my house in order; the vessel needs clarity for the teachings to move through, for I am not the doer.