

Vijnana Yoga Immersion Program

2016- 2017

YurtLand~ Gabriola Island~ Canada



*Vijnana Yoga, a practice which develops a more quiet and discerning mind,
enhances the wisdom of the body through skilful movement,
creating space and expansion for the joy and reverence of
the heart.*

~ Reflection on Practice

In the Vijnana tradition, we cultivate a way of listening and tuning in to the subtle layers of our being. To lay the foundation for practice is essential for this quality of awareness and attentiveness to be brought to inquiry. This kind of attention can bring about a unique sense of openness and connection and will manifest when the human organism is completely open- open in body, feeling and thought.

When this condition is experienced, the individuality does not vanish; it is illuminated in every aspect and can play its true role, which is to bend and adapt to life's every changing need.

~ The flavour of Vijnana-

In Orit's words, those of us who take the name of Vijnana agree on the four pillars that constitute our practice: Sitting meditation, Pranayama, Asana and the studying of texts.

We agree that the 7 vital principles are the means to develop and grow within these practices.

When we practice continuously with intent we become more and more devoted to this ancient, ever alive and mysterious thing called Yoga.

We commit to a qualitative listening and a quality of breathing and moving that blossom out of adhering to that.

~ The Immersion program: Opening of Year 1 & 2

Our Intent

Establishing practice

Awakening to our qualities of integrity, equanimity, gratitude and forgiveness.

Unearthing our holdings.

Encourage our bravery to meet whatever confronts us in life with a caring and tranquil heart.

Convey the essence of the "old texts" as a living, immediate and practical psychology.

Embrace community in Sangha

Our program

Intermediate practice-

Every step, every breath, every thought seen through the 7 Principles.

We will lay the ground work for mindful movement through embodied tensegrity.

Diving between the layers of the body and embracing the spaces as they emerge.

We will choose ease over effort as the relaxed quality of body shines through and the wide mind allows for clarity of Intent.

~ study of movement underlying each asana group, offering variations to support and meet every one's uniqueness and life challenges.

~ study of breath and pranayama techniques.

~ Kriyas

~ The Vayus

~ Sitting meditation with suggestion and guidance

~ Self inquiry & text study

~ Restorative practices

~ Hand Mudras

~ Chanting

~ Program Schedule

The Element Retreats- **Ether-Air** October 14th- 18th 2016 starts Friday 2pm ends Tuesday noon.
Fire January 26th- 31st 2017 starts Thursday 2pm ends Tuesday noon.
Earth April 21st - 25th 2017 starts Friday 2pm ends Tuesday noon.
Water August 20th - 27th 2017 starts Sunday 2.00pm ends Sunday noon.

SKYPED sessions - Practice review & Theory DATES TBA

~Program cost

Commuter cost- \$ 2750 gst incl.

Includes breakfast/ lunch cost during retreat.

Preferred rate on weekly classes offered by Flo * \$ 15 for 2 h class

\$ 10 for 1.5 h class

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on workshops, practices offered during the program.

One on one meeting- guidance.

Residential cost- \$ 3570 gst incl.

Includes full accomodation.

Preferred rate on weekly classes offered by Flo * \$ 15 for 2 h class

\$ 10 for 1.5 h class

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on workshops, practices offered during the program.

One on one skype meeting- guidance.

YEAR 1 new students will receive the Vijnana practice manual, The Yoga Sutras by Ravi Ravindra and The heart of Practice by Orit Sen Gupta.

Registration investment- \$ 300

Monthly payment plans available after initial deposit.

~ “The intention, for this program, is to create a supportive container for all to embody the practice and confidently develop the ability to respond to conditions as they arise. Teaching yoga is an art that requires-self inquiry and an understanding of one’s own personal process and as such this program creates a circumstance that will allow the participants to transmit their experience of yoga in a clear, safe and compassionate way.”

~This Immersion program leads to a certification in the Vijnana tradition upon completion of three year study.

See requirements below.

Certification Requirements - Three year Program 800h

1. Participation in the Vijnana program outlined.

2. Home practice on a daily basis.

3. Homework: projects, book reports, didactic paper etc.

4. Final Project - choosing between four categories: intellectual, creative or teaching or practice diary.

5. Teaching a yoga class (or portion of) during a retreat. (year 3)

6. A final practice of sitting, pranayama and asana in which each person is witnessed and given feedback by Orit Sen Gupta and myself.



*Vijnana yoga does not require an innate athletic capacity.
Vijnana yoga shows that the wisdom of experience can be reflected in the body, and
that our experience of life and its vividness can deepen more, not less as we age.
It is open to all bodies and to anyone who suspects that there is a link between the
quality of our body & mind and our ability to meet the world
with steadiness and care.*

*We are — each of us — on a journey without end, with a longing for the Infinite.
Some of us wish to speak from a pilgrim soul to another pilgrim soul. What is a
pilgrim soul? It is a soul that says “Not yet”, that has a certain restlessness, a
willingness to put up with some discomfort, a hunger for the unknown, an inquiry, no
fixed positions, a reverence for the journey, a willingness to be surprised...”*

— From Pilgrim Without Boundaries

