

VIJNANA 4 Practice and Study Programme 2022/2023

A one year programme for Vijnana Yoga Teachers and practitioners and teachers (with express interest in Vijnana) who would like to benefit from group practice, study and yogic philosophy.

There are three main areas for our programme:

Personal practice (on the mat) which includes sitting, pranayama/kriyas/vayus, and asana
Expressing Vijnana to others. Didactics - sharing and teaching. Finding your own way
Study of text and chanting

Focus is on refining practice - whether that means for you dropping back from tadasana, exploring the sensation of touch, facing fear or discovering what it means to relax the effort, etc.

Practice teaching sessions. Communicating with touch, with sight, voice, sound, wide eyes. Finding your own voice and way as a teacher.

For further study of text, Patanjala Yoga Sutra, especially from the views of Sankhya and Buddhism. The approach will be philosophical and practice based. There is a short reading list from which you can read as little or as much as desired.

Participants are encouraged to arrange reading groups and practice groups together. There are no specific assignments but it is proposed that each person find a path of interest that they wish to pursue and to share this from time to time in the group.

Philosophy reading list:

*Orit Sen Gupta	Patanjali's Yoga Sutras
*Swami Hariharananda Aranya	Yoga Philosophy of Patanjali (Sankhya)
Pradeep P. Gokhale	The Yogasutra of Patanjali (Buddhist Roots)
Edwin F. Bryant	The Yoga Sutras of Patanjali (General)
Chip Hartranft	The Yoga Sutra of Patanjali (Buddhist viewpoint)

This is an exploration of the depth and taste of the Vijnana practice, in a personal way. How do we express this in daily life and share it in our teaching? Here is an opportunity to support and be supported in practice as well as teaching.

The core of our programme will be 7 weekends in Innerspace.

Additionally there are five day retreats, in Tuscany (autumn) and in Casalborgone (spring). The weekly schedule continues in the studio and sometimes Long Vijnana Practices. (15% reduction offered for participants, if desired)

Dates weekends

1	8/9 October	2022	4	28/29 January	2023
2	5/6 November	2022	5	4/5 March	2023
3	10/11 December	2022	6	6/7 May	2023
			7	3/4 June	2023

Retreats

11-16 September	2022	5 days	Tuscany
Easter (in April) or May	2023	5 days	Piemonte

Weekend schedule, example

Saturday 9.30-17.30

9.30 - 10.00	Sitting
10.00 - 11.30	Class given by student of programme
11.30 - 12.00	Exchange
13.30 - 14.00	Chanting with Sabine
14.00 - 15.45	Philosophy
15.45 - 16.00	Break
16.00 - 17.30	Afternoon Practice

Sunday 9.30-17.30

9.30 - 13.15	Morning Practice
14.45 - 15.45	Asana, adjustments, assisting, etc.
15.45 - 16.00	Break
16.00 - 17.30	Afternoon Practice

Prices

7 Weekends	€1490. *	incl. btw
Retreat (per 1) ±	€ 825.	incl. btw

* €1440. (registration and deposit before 30 June. Full payment before 20 July)

* €1490. (registration and deposit before 30 July. Full payment before 30 August)

* €1590. (thereafter)

If you need to make another arrangement, please let me know.

Weekly classes and Vijnana Long Classes as listed on website (- 15%).

If you would like to meet or talk about the programme, please email shirley@yogapractice.nl

Shirley Woods

Yoga Practice in Innerspace

www.yogapractice.nl