

# INTERNATIONAL VIJNANA YOGA WEEKEND 9. - 10.2.2019

WITH NOGA BARKAI

Wisdom from the source of Vijnana tradition



## **Vijnana yoga studio Olo-Tila in Helsinki Finland proudly presents:**

We have an honor to have from the source of Vijnana from Israel a senior Vijnana Yoga teacher Noga Barkai sharing wisdom of Vijnana in February 2019

This international Vijnana weekend is open for all the practioners and yoga teachers from all traditions.

We have a great opportunity to dive deep within in Vijnana practice during two days. Noga will also share Rehabilitative Yoga from a Vijnana Yoga Perspective that she has developed and taught in Israel since 2013 as continuing education for certified Vijnana Yoga teachers.

Noga is working side by side with the Author of Vijnana yoga Orit Sen-Gupta and is her long time student.

## **Weekend workshop Saturday the 9<sup>th</sup> of February 9:00 – 17:00 and Sunday the 10<sup>th</sup> of February 9:00 – 18:00 includes:**

- just sitting meditation, kriyas, pranayama and Vayu's
- deepening asana practice
- An introductory to major principals of restorative Yoga which are based on Noga's perspective of learning the yogic texts and practicing. Noga has named this way of practice "Parinama Yoga" (the transformation process, taken from the third chapter of Patanjali) alongside trial and experiencing some restorative practice. It is useful for Yoga teachers and interesting for therapists of all kind.

## **Noga Barkai**

Noga has been teaching yoga for over 20 years, and practicing yoga since 1988. She holds a BA in Hebrew Literature and Indian & Sanskrit Studies from the Hebrew University of Jerusalem. Noga teaches a varied audience ranging from beginner groups open to the general public; courses and mentorships for teachers & advanced practitioners; rehabilitative & therapeutic yoga; and workshops on yogic texts.

A student of Orit Sen Gupta and senior teacher of Vijnana Yoga, Noga is certified by Orit Sen Gupta to lead the three-year, 800-hour Vijnana Yoga Teacher Training at Wingate Institute in Israel. Drawing on her experience teaching therapeutic yoga, Noga has developed a specialized continuing education course for certified Vijnana yoga teachers in Rehabilitative Yoga from a Vijnana Yoga Perspective. This 330-hour course opened in autumn 2013 at Wingate Institute, and is taught by Noga in conjunction with Alphonse Tarshel. Born and raised in Jerusalem, Noga and her husband and two sons recently relocated to Hod HaSharon in central Israel.

### **Info about weekend:**

**Time:** the 9<sup>th</sup> – the 10<sup>th</sup> of February, 2019

**Place:** Vijnana Yoga studio Olo-Tila, Maurinkatu 8-12, Helsinki, Finland

**Prices:** early bird until 1.10.2018 269€ / normal price 295€

**Bookings and info:** [jutta.niala@joogaolemus.fi](mailto:jutta.niala@joogaolemus.fi)

You will get the payment details when you book your place

### **Terms of sign up and cancellation:**

Deposit refund of 100€ will not be returned in case of cancellation. NOTE! Non-payment is not a cancellation. Please inform us in writing [jutta.niala@joogaolemus.fi](mailto:jutta.niala@joogaolemus.fi) about the cancellation. After this you still can send an alternative person to participate the weekend (please name the person in writing). No refunds will be allowed, unless the participant provides a medical certificate. The participant agrees to the cancellation policy upon the payment of the deposit. Cancellations less than two weeks before the weekend will be charged in full amount of the training.

[www.joogaolemus.fi](http://www.joogaolemus.fi)

**Facebook and Instagram: Joogaolemus**

INTERNATIONAL VIJNANA YOGA WEEKEND 9. - 10.2.2019

WITH NOGA BARKAI

Wisdom from the source of Vijnana tradition

