

INTERNATIONAL VIJNANA YOGA WEEKEND 25. - 27.10.2019

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 October 2019.

This international Vijnana weekend is open for all the practitioners 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.

Vijnana weekend Friday the 25th Saturday the 26th and Sunday the 27th of October:

Friday the 25th 17:00-20:00

We will begin our exploration of the vital principles of Vijnana yoga through sitting, pranayama, and asana practice. This practice will build the basis for our learning together.

Saturday the 26th 9:00 – 17:00

We will deepen our experience of the vital principles of Vijnana yoga through sitting, pranayama, and asana. Asana learning will comprise didactic inquiry moving towards flowing practice. We will also study traditional yogic texts: Yoga Sutras of Patanjali, Bhagavad Gita, Taittiriya Upanishad. Today's practice will create a foundation for learning Parinama yoga—the unique outlook, principles, and practices of therapeutic yoga.

9:00-9:30 Sitting

9:30-10:30 Pranayama (gradually building pranayama from basic to advanced practices)

10:45-12:45 Asana

12:45-14:00 Lunch and rest

14:00-15:30 Sitting and afternoon practices

15:30-17:00 Text study

Sunday the 27th 9:00 – 18:00

Introduction to and practice of Parinama Yoga—outlook, principles, and practices of therapeutic yoga.

9:00-10:45 Sitting, Pranayama, Flowing practice

11:00-12:15 Conversation—learning about our respective backgrounds

12:30-14:00 Therapeutic yoga class

14:00-15:15 Lunch and rest

15:15-18:00 Parinama yoga—a talk, experiential learning, and demonstration; text study; workshop summation.

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 25th – the 27th of October, 2019

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

Prices: early bird until 1.8.2019 320€ / normal price 350€

Bookings and info: jutta.niala@joogaolemus.fi

You will get the payment details when you book your place

Terms of sign up and cancellation:

Deposit refund of 150€ will not be returned in case of cancellation. NOTE! Non-payment is not a cancellation. Please inform us in writing 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.

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