

"Philosophy of Yoga"

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I was born in Yakutia, to the North East of Russia. Now I live in California, to the South West of the US. The whole world lies between these two geographically opposed parts of the globe.

Each of the moves from one point of my life trajectory to another, is like a train journey, where I would get off on each station, to learn yoga from scratch, from a different light. Yoga as a practice, as a philosophy, as a life style would each time unfold before me from a perspective of a different culture and from the experience of each of my teachers.

If you asked me who my teacher was, I couldn't name just one person. Mentioning renowned masters would leave in the shadow all of the authentic sources of wisdom I found during the decades of my yogic journey. To me, yoga is not as a set of exercises, but as a way of seeing the world, a way of living. Hence, every person I come across with is a Teacher to me, for each of them has gifted me a unique lesson.

Having lived in four countries, I grew up in a multicultural environment. On my way, I've met a number of great teachers, have read a number of books, have gone through several life challenges, have looked death in the face in a couple of times, have dedicated uncountable hours to the yoga training and have certain knowledge under my belt. All this is what I am and all this is what I'm here to share with you.

Technically, what happens in my yoga classes is a mixture of explanation and practice of pranayama, asanas, meditation and relaxation. However, if you are looking for a competitive, intense type of environment, my classes will not be a right fit for you.

What most of my students come to me for is the Magic of inner exploration and transformation. Every lesson is a gradual, ascendant discovery of your true beauty. Going gently and accurately, I teach about your innate healing capacity, creating a space for you to feel safe, uninhibited and free.

In my classes you go beyond your skin and muscles, to discover that part of your Being you forgot you had or did not dare to meet. With the help of numerous breathing techniques, you become capable of centering and quieting your mind. And that's when a real transformation begins! A combination of physical movement and yogic breath melts down your inner blockages and makes your subtle energy flow and vibrate. While your life energy flows, you thrive.

With no mind chatter on the way, you become able to follow that beautiful subtle process, fully aware of how it affects your inner feelings and sensations. A state of pure "Being".

Your eyes are closed almost all the time, cause you don't need them. For your inner gaze can "see" far beyond your real eyes can reach. You start feeling your posture inside out, with every breath and every cell. That inner "vision" changes your whole perspective of the yogic asanas. It changes the way you see your body. It changes your relationship with your Self, uncovering the beauty and power of your mind in a silent state.

There is no syllabus to follow. The inspiration starts to flow once I stand in front of the group. It doesn't come from me, but goes through me, to address the need of every person, whether a beginner or an experienced yogi.

I am not attached to any yoga style in particular. Real yoga has no style. It is multifaceted and vast, like LIFE itself. You do not commit to a yoga style, you commit to your Self.

So, I invite you to transcend the limitations of the style and embark to a journey back to your very being..."

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