

Source Of Wisdom And Love

Our guest at "Gorozhanka"(*)

Yana Kazbekova (E-RYT500)

Experienced Registered Yoga Teacher

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EXPERTISE:

- Yoga for Elderly with movement, cognitive and visual impairments.
- Yoga for Emotional Balance, Chronic Stress, Anxiety and Panic attacks.

EXPERIENCE:

- Over 5000 hours (2008 - present) of international teaching experience in English, Spanish and Russian languages in California, Mexico and Ukraine.



My first name comes from the Yana River, where I was born. My last name takes its origins from the Caucasus mountain Kazbek, where my father is from. Two geographical extremes got connected in me: extreme North and extreme South of the same country.

I couldn't have chosen a better place to be born - a truly unique land, one of the coldest places on Earth, the "Pole of Cold of the Northern Hemisphere". A little town, situated above the Polar Circle, called Verkhoyansk, Yakutia (Northern Siberia). A real heaven, where Mother Nature brought together in harmony rivers, mountains, taiga, wild animals, aurora borealis, abundant snow, while nights, northern berries and huge stars right above your head.....

I was lucky to live in different parts of my huge country: from the banks of the Yana River in the harsh North to the mountainous gentle South, from Yakutia to the Caucasus.

(*)Gorozhanka (City Girl) - Nationwide Russian/English Speaking Magazine for Women

I have never been attracted to sports, but I have always been physically active. As a child I did gymnastics, then swimming and later dance. I spent most of my school years in Ukraine. There is also where I had my first contact with yoga.

As a teenager I was diagnosed with advanced scoliosis and that set up the direction of my entire life.

Since I was 13 years old, I focused on keeping my body and my mind healthy. I seriously got into corrective gymnastics and autogenic training, which is how yoga and meditation used to be called in my country.

My first yoga teacher was a very knowledgeable therapist Svetlana Oleshko. Wise and kind woman, one of those human jewels from a small remote town of Ukraine. I could say that since then, yoga inhabited me for good. It matched my temperament. I complemented it with swimming and breathing exercises.

Since then I was lucky enough to study with teachers from Russia, Ukraine, Mexico, India and USA.

My travels weren't limited to the boundaries of my huge country. After graduating from Pyatigorsk Linguistic University (Russia), I moved to Mexico City, where I spent next 15 years of my life.

I have very special feelings about Mexico. Among many meaningful events in my life that took place there, Mexico was where I started my formal yoga preparation. I was very fortunate to find a great school of yoga there.



At "Namaste Yoga & Pilates" I met teachers who shared their wisdom and kindness with me. They helped me to discover the healing side of yoga. They taught me to listen and understand my body's voice. That is when yoga started growing its roots deep inside me.

In 2007 I moved to San Diego (CA). When I was asked what I would like to do here, my first and immediate answer was - to continue my yoga practice.

After trying out several yoga studios, I felt a special click with Yoga and Meditation Center. There, all the random knowledge that I picked on my yogic path, started taking shape. Like pieces of a puzzle brought together in a picture. There I saw myself as a student *and* as a teacher. At Yoga and Meditation Center I did my full yoga teacher training and had an opportunity to experience with my every cell what Yoga is in reality: science, discipline, philosophy, sweat, truth, love, understanding and wisdom....

If you asked me who my teacher was, I couldn't name just one person. Mentioning renowned instructors would outshine the value of all other authentic sources of wisdom I found during the decades of my yogic journey. Every person is a Teacher to me, because every person I come across gives me a unique lesson.

Having lived in four countries and grown in multinational environments, I was lucky to learn yoga from different cultural perspectives. All that together, created my own unique vision of yoga.

I'm not attached to any particular style of yoga. Segmenting yoga in styles is like splitting in pieces what is Whole. The word YOGA itself means Union, Connection, Unity... physical, mental, spiritual. How can you split what is One?

Technically, what happens in my yoga classes is a mixture of explanation and practice of pranayama, asanas, meditation and relaxation.

Practically, what my students come to me for is the magic of inner exploration and transformation. And I am just a catalyst there. True work happens inside each of the individuals. Because... "Yoga is a journey of the Self, through the Self, to the Self."



My professional focus is mostly on **two segments** of the population: one of them is **Seniors** and the other is **Adults with Chronic Stress, Anxiety and Panic Attacks.**

Why these two groups? - Well, firstly, California with its warm climate is one of the most favorite places to retire. There is a strong infrastructure built for that purpose here: innovative Geriatric medicine specialists, rehab clinics, recreational centers and wellness activities, to name a few. My elderly students are between 65 and 100 years old! Our classes help them to boost their immunity and metabolism, improve their digestion, balance, flexibility and memory, and sharpen their reflexes. This gives them more

confidence in their movements, increases their strength and helps them age gracefully and see life differently.

I couldn't even dream about more grateful students! Their generous feedback (*"I cough less now", "I can close my fist again", "My ankles didn't swell in the airplane this time", "I can fall asleep faster", "My toes don't get numb as much as they used to",* etc.) is the best reward for me as a teacher.



My second specialization is a result of my own life experience. My choice to work with people who suffer from anxiety, panic attacks or chronic stress is not random. It is my baby. During a couple of decades, I went through a pretty dramatic period of anxiety, from random outbursts of unreasonable worry to repetitive terrifying panic attacks. That knocked me off my normal life rhythm completely, broke my self-esteem, affected my professional and personal life and took my health to a critical state.

After multiple unsuccessful attempts to treat it with prescribed medicine, I dived into the world of healing energies and returned to a regular meditation and yoga practice. I learned how to BREATHE! And with that, to observe, to accept, to love all Me... my body, my emotions, my thoughts, my feelings *and* my fears....

As a yoga teacher here in San Diego, I realized how unexpectedly many people deal with the same symptoms. People who, like me back then, try to live, work, raise kids in this terrible chronically anxious state. Their nervous and digestive systems are weakened, and insomnia takes their sleep away. They have to deal with peer pressure and judgment. They get enclosed in their inner confusion and become frequent visitors of the Emergency Room. Then I realized that my anxiety experience was for me an opportunity to learn about this condition, to discover myself and become able to help others.



That's how my project "**Making Peace with Anxiety**" was born. Those are workshops that I lead in San Diego and Mexico City.

In these workshops I teach how to identify and understand symptoms of anxiety. ***I present a possibility of evolution from the energy of Fear to the energy of Love.....***

Just like my very own life - a profound breathtaking metamorphosis from being constricted to being aware and free to acknowledge my power.