





Yoga & Healing 2014


Gaia-Oasis offers a Yoga & Healing session several days a week for our guests. The session differs depending on the practitioner in residence; and may include yoga, dance, bodywork, meditation or some other form of healing work.

If you would like to join a Yoga & Healing session, please inform any of our friendly employees in advance, so that we can support your needs. As far as possible, our programs are designed for everybody, regardless of whether you are a beginner or an advanced practitioner.


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|  | <p>01-30 of January 2014, Sylvia Delfino I'm an Italian national currently living in the United Kingdom. My native language is Italian and I speak and write fluently in English. I have been studying and practicing yoga in UK for more than 10 years, from 2006 with inspirational BWY teacher and mentor Carolyn Blackburn (Classic Hatha Yoga style). Throughout these years of practice I have been exploring different styles of Yoga, from Classic Hatha Yoga with Donna Farhi and Frances Lewis to Ashtanga Yoga with Jane Steven and Michael Gannon. I currently practice Ashtanga with Simon Chandler (Mysore Style) in Swindon and Bath in the UK and with Eva Miklosovain Nice, France. The style of yoga I teach is Classic Hatha Yoga where I combine breath led fluid movements that are balanced with meditative stillness. By allowing the body and breath to move in unison we can experience flexibility and energy, where being in the moment is crucial to gain concentration and a deep understanding of how the body and mind work together. The breath becomes the object of our attention, the "bridge" between our body and our mind. By holding postures we deepen concentration and focus slowing down the nervous system. I am interested in teaching yoga as a wholesome life style practice, where one can find balance within nature and oneself. My intention is to create a noncompetitive environment for yoga practice where we deepen our own self-study and personal development. My lessons include Asana practice, Relaxation, basic Pranayama and Meditation techniques. I hold Teaching Diploma accredited by the British Wheel of Yoga* and have been teaching Yoga for more than 3 years locally at the Swindon Yoga and Massage Center, Intel Corporation as well as classes for Swindon Council in their leisure</p> |
|  | <p>01 – 29 of February 2014, Amanda Ings Amanda Ings is a Canadian-based yoga instructor with 10 years experience guiding healing group & private yoga sessions. She herself first experienced the healing and transformational qualities of yoga at a very young age, as she transitioned from being a full-time international model to full-time yoga practitioner & teacher. She has continued on the path of Yoga ever since – receiving different certifications in the fields of: Yoga for the Special Child, Yoga Therapy, Transformational Breathing, Advanced Alignment (Anusara-inspired), Basic Yoga Nidra, and most recently, she has spent 5000+ hrs studying the</p> |

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| | <p>traditional teachings of Tantra Yoga in the Shree Vidya lineage 7000 years strong, under the guidance of her most-influential teacher, Parvathi Nanda Nath. Amanda's teaching style is non-dualistic/Tantric in nature – soft, maternal, blissful and inviting, yet embodies a strong call to each student's inner presence, power, and wisdom, at the same time.</p> <p>Her classes are a mixture of soft, flowing movements and deep, gentle, long holds in the postures (hatha flow), with strong emphasis on the breath and a focus in the subtle body and energetic practices to clear and clean internally. She does a lot of work with the emotional body and the 5 elements, and meditation is also a very strong influence in her own practice and in the way she approaches teaching others. She views yoga not only as the most beautiful art, but also as a science of healing, transformation, & ultimately, liberation. During her stay at the Gaia-Oasis, she will also be available for private Yoga Therapy sessions – which include but are not limited to physical yoga (asana), and include whatever techniques she senses are most called for; from breath work, energetic/subtle body work, deep emotional releases, practices related to healing old traumas, traditional Tantric practices, Yoga Nidra, to shifting & transforming old thought patterns & beliefs.</p> |
|  | <p>01 – 31 of March 2014, Sabina Zeits Sabina Zeits teaches SHIVA YOGA. Shiva Yoga is integrative yoga based on Hatha Yoga and the philosophie of Kashmir Shaivism. It contains all aspects of yoga, incl. asana, meditation, mantra, mudra, and pranayama. In Kashmir Shaivism we believe that Bliss is a part of life and that through our senses we may receive it. This kind of yoga brings peace of mind and health in the world we live in.</p> <p>Sabines background is a ballet training in modern dance. In Belgium she also studied natural healing therapies, massage, intuitive training, yoga, sufism and reiki. Her yoga teacher training degree she has achieved in India. By traveling through parts of Asia she has deepened her knowledge in yoga, meditation and mysticism.</p> <p>“I am very happy to stay in life with an open heart and to live in a joyous here and now with all my senses..”</p> |
|  | <p>01 – 31 of April 2014, Borniko Predohl Borniko is teaching Kundalini Yoga for 18 years. Before then he practiced Hatha Yoga.</p> <p>He lives near by Hamburg in the countryside. There he is leading his own yoga school called ongnamo (www.ongnamo.de)</p> <p>His great passion is to educate yoga teachers for children, who then teach children yoga in schools and kindergartens.”Kundalini Yoga is my life because it opens the heart and that's my wish for everybody.</p> <p>In Kundalini Yoga we exercise static and also dynamical yoga poses. We practice different methods of breathing and meditations and very often we sing Mantras.</p> <p>The goal is to bring our heart, spirit and mind into balance in a healthy body.”</p> |

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|  | <p>01 – 30 of May 2014, Sat Nam Torstensdotter Sat Nam has been teaching Kundalini yoga for 25 years, and also has experience of teaching pregnancy yoga. She did her first Teacher training in 1987 in New Mexico, and became a Trainer of Teachers this year. She has given lessons in Sweden, Germany, Norway, Denmark and France.</p> <p>Kundalini yoga includes the use of mantra(sound) and deep relaxation, so you will experience that in her lessons in Gaia</p> |
|  | <p>01 – 30 of June 2014, Ria Schindler Ria Schindler, actress and Kundalini-yoga-teacher. Yoga gives everybody that what he needs. Therefore you have to practice, practice, practice and deeply breathing, Yoga is concentration in the moment.</p> <p>Through friendliness, kindness and compassion strength Comes.</p> |
|  | <p>01 – 31 of July 2014, Manuela Eilers Manuela Eilers yoga way starts with an pilgrims' way in Spain. She walk the jacobus way in the north of Spain in 2003. After this experience she would like to retrieve this feeling in her normal life. As a tv – reporter her life was very stressful. She tried different yoga style and found kundalini yoga. „It was love at first sight“, she says. After 4 years studying Kundalini Yoga from Yogi Bhajan, she also learned the healing arts “Sat Nam Rasayan“ from Guru Dev Singh. In 2009 she stops her tv – work and starts working as a Yoga teacher and healer. She wrote two books about kundalini yoga and overweight, the first one named „I am perfect“ and the second „I am happy“. Since 2012 she leads with two friends the „Samadhi yoga and meditation house“ near cologne in Germany. Her desire for everybody is helping with yoga and healing to find out what your soul wants.</p> |
|  | <p>01 – 31 of August 2014, Regina Rothlach I have been practising yoga for more than 30 years. Since 1981 I teach yoga at my own studio (www.yogazentrum-altona.de). At first I taught Hatha yoga and since 1998 – after passing the Kundalini yoga teacher exam – I teach Kundalini yoga. My courses consist of physical exercises, breathing techniques, relaxation and meditation. The breath is used consciously all the time. By practicing yoga one can achieve a well balanced physical and mental harmony, better health, equanimity, clarity, awareness and an open and loving heart. As a teacher I try to live according to these human values and to pass them on to others.</p> <p>I also do this as a painter(www.reginerothlach.de) but with different materials and techniques.</p> |
|  | <p>01 of September – 02 of October 2014, Karuna Honer Karuna has been teaching yoga in Canberra for more than 20 years. Her training comes from the Satyananda yoga tradition. She was very fortunate to spend time with Swami Satyananda in Australia and India in the early to mid-1980s. She completed her Level 2, yoga teacher training in 2000 through the Gladesville Yoga School. She has taught in various yoga center in Canberra and run classes and workshops in Turkey. She is inspired by Tibetan</p> |

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| | <p>Buddhism and His Holiness the Dalai Lama and endeavours to bring that practise into her meditation classes. Her classes are heart centred and light. Karuna loves to work with sound and brings in the practise of kirtan and mantra into her classes as well. At Gaia-Oasis she will teach asana, pranayama, Yoga Nidra (deep guided relaxation) and meditation from both the yogic and Tibetan Buddhist traditions.</p> <p>Her classes are suited to both beginner and intermediate level students.</p> |
|  | <p>01 – 07 of October 2014, Nicola Robertson My name is Nicola Robertson (aka Nityadrashta or Nicci) I am an accredited Satyananda yoga teacher having completed my 3 year teacher training in 2000, in Sydney Australia. The style of yoga I teach is an integrated Hatha yoga style from the Satyananda tradition, which includes, asana, pranayama, mudras, bandhas, meditation, yoga nidra (relaxation techniques) as well as some nada yoga (sound vibration), kundalini yoga (chakras), bhakti yoga (kirtan/devotional singing/chanting) if there is an interest in exploring yoga further. This style is suitable for all age groups and is tailored to work in a gentle way to nurture the whole individual and bring harmony and peace on all levels of being.</p> <p>I have also completed an Ayurvedic lifestyle consultant course in 2006 and attended many Personal Development courses over this period in areas such as Yoga for AOD (alcohol and other drug dependency), Yoga in Education, Exercise science and many more. I have taught in rehabilitation centres, aged care homes, schools, disabled centres, pre natal yoga, as well as running my own regular classes and retreats.</p> <p>I am currently working as a locum yoga teacher in Grafton (North coast, NSW). and have been working at different yoga centres around Australia and New Zealand for a few years now. I spent most of 2013 in India staying at Bihar School of Yoga, doing seva and karma yoga in the lead up to the World Yoga Convention held there in October 2013. I also have a keen interest and knowledge of eating a healthy well balanced yogic (sattwic) diet, incorporating Ayurvedic and Macrobiotic principles. I can give one on one advice to individuals on how to establish a healthy lifestyle including bringing yoga into daily life.</p> |
|  | <p>08 – 31 of October 2014, Amanda Ings Amanda Ings is a Canadian-based yoga instructor with 10 years experience guiding healing group & private yoga sessions. She herself first experienced the healing and transformational qualities of yoga at a very young age, as she transitioned from being a full-time international model to full-time yoga practitioner & teacher. She has continued on the path of Yoga ever since – receiving different certifications in the fields of: Yoga for the Special Child, Yoga Therapy, Transformational Breathing, Advanced Alignment (Anusara-inspired), Basic Yoga Nidra, and most recently, she has spent 5000+ hrs studying the traditional teachings of Tantra Yoga in the Shree Vidya lineage 7000 years strong, under the guidance of her most-influential teacher, Parvathi Nanda Nath. Amanda’s teaching style is non-dualistic/Tantric in nature – soft, maternal, blissful and inviting, yet embodies a strong call to each student’s</p> |

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| | <p>inner presence, power, and wisdom, at the same time.</p> <p>Her classes are a mixture of soft, flowing movements and deep, gentle, long holds in the postures (hatha flow), with strong emphasis on the breath and a focus in the subtle body and energetic practices to clear and clean internally. She does a lot of work with the emotional body and the 5 elements, and meditation is also a very strong influence in her own practice and in the way she approaches teaching others. She views yoga not only as the most beautiful art, but also as a science of healing, transformation, & ultimately, liberation. During her stay at the Gaia-Oasis, she will also be available for private Yoga Therapy sessions – which include but are not limited to physical yoga (asana), and include whatever techniques she senses are most called for; from breath work, energetic/subtle body work, deep emotional releases, practices related to healing old traumas, traditional Tantric practices, Yoga Nidra, to shifting & transforming old thought patterns & beliefs.</p> |
| | <p>09-30 of November 2014, Kristina Pop & Alvaro With a background in Shamanism, Alvaro teaches Yoga classes that will invite you to reconnect with your body, breath and Nature. His certifications include Integrated Yin Yoga based on Traditional Chinese Medicine and Elemental Yoga. His approach to Yoga is about offering sustainable practices that replenish the body with vital energy and centeredness, being the effects of that a successful lifestyle with a continuous respect for the whole of Nature. In his classes you will find some dynamic flow but mostly will be challenged to hold postures for longer times. Alvaro will offer variations of postures and times of rest for you to connect to the subtle energy movements in your body. His Yang (more active) morning classes will leave you fully energized for the day while his Yin afternoon classes will be gentle to prepare you for the end of the day. Both the morning and the afternoon classes will include meditation of different forms (dynamic, breathing exercises, sitting still) During his stay at Gaia Oasis, Elemental Yoga therapy for individuals can be arranged. The therapy aims at relieving common physical conditions that include but are not limited to back pain, migraine, digestion problems, breathing problems, vertigo as well as emotional conditions such as stress, anxiety, insomnia and many more. The methods Alvaro uses in therapy include personalized Asana practice, meditation and relaxation techniques.</p> <p>Kristina is a Zurich based Yoga instructor with certifications in Hatha Yoga, Elemental Yoga, Yoga Psychology and Yin Yoga. In her teachings she focuses on the more subtle effects of the practice that come alongside the physical benefits. She likes to show that Yoga is available to anyone, regardless of age and physical condition – keeping the Asana practice simple and effective. In her classes you will have some dynamic flow but mostly will be challenged to hold postures for longer times. She will offer variations of postures and makes sure you get rest between the Asanas to tune into your body and feel the subtle energy movements. If you indulge</p> |

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| | <p>deeply into her classes, you will find yourself attuned to Nature – the elements of nature and their relation to your body being an important part of her teachings. Her Yang (more active) morning classes will leave you fully energized for the day while her Yin afternoon classes will be gentle to prepare you for the end of the day. Both the morning and the afternoon classes will include meditation of different forms (dynamic, breathing exercises, sitting still)</p> <p>During her stay at Gaia Oasis, Elemental Yoga therapy for individuals can be arranged. The therapy aims at relieving common physical conditions that include but are not limited to back pain, migraine, digestion problems, breathing problems, vertigo as well as emotional conditions such as stress, anxiety, insomnia and many more. The methods Alvaro uses in therapy include personalized Asana practice, meditation and relaxation techniques.</p> |
|  | <p>01 – 31 of December 2014, Ivo Dassl came in touch with yoga for the first time when my father started his yoga teacher training. At that time I was 15 years old. I took some classes of Hatha Yoga classes and decided to go out for competitive sports. 30 years later something drew me to a Kundalini Yoga class. Today I know that I followed the call of my soul. Shortly after that encounter I finished competitive sports and started my yoga teacher training in Kundalini Yoga. That was in 2009. 2010 I started teaching classes.</p> <p>For me Kundalini Yoga is a perfect mixture of physical challenge and nourishment for the soul. Apathoflove from the heart to greater awareness and inner peace. These experiences enriched my family life, my professional life as an industrial designer, my life in general. I no longer want to miss it in my life.</p> <p>Thank you, my soul, for the call!</p> |

Volunteer Yoga teachers wanted !!!

Teach Yoga in Gaia-Oasis for a few weeks and in exchange, receive accommodation, food and an unforgettable experience in Bali. For more information please contact us at yoga@gaia-oasis.com