

Embodied Yoga

With Parveen Nair

FOR THE FIRST TIME EVER IN MADRID

Early Bird
Offer Until
April 1st

Limited
Availability!

30th to the 1st June
At Plaza del Conde de Miranda 1

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What is an Embodied Yoga Practice?

An embodied Yoga Practice is an inquiry into awareness, presence and connection to the body, rather than just focusing on physical postures or external forms. It is a holistic practice that aid in cultivating authentic direct experiencing through the sensory organs as a means to a mindful and purposeful living.

At a body level

The pure purpose is to acknowledge that the body holds its own wisdom. The wisdom of the physical body is the oldest tradition that we have and thrive on. The body from the time of birth holds various innate movement patterns that aid in the human body development not only physically but also emotionally. The human body within the womb floating in fluids, flexed, curled and round in itself hold various signals of primeval inquires that we have forgotten. Coming out from the virginal mouth, clenching the fist, rolling over, crawling, creeping, slithering, sitting, kneeling, standing, bouncing, walking, running... these are various human like patterns that are inborn, but lost when we live in our mind and dictate the body from the mind. There is a reason why the human body is made to express these movements and when we do not explore these movements. These meaningful pathways of movements get cobwebbed and we lose our wisdom wiring into the human body. The embodied practice is to revive and sustain these paths by creating little trails back by dusting back into the moving body like an archaeologist rediscovering what is already there and how this information can be an aid to the human evolution with changing times.

The embodied practice is not a prescription to attain a state where there is an ideal experience which is superimposed on what is now, but rather a continuously renewing invitation for the practitioner to meet their body on their own terms moment to moment. It is a practice for the practitioner to experience themselves opposed to guiding them into an experience. This may help us to embrace and respect our anatomical evolution that changes from day to day, through gentle embodied patterns that are deeply nurturing towards movements rest and resilience.

This method of approaching the Yogic practice is created by Parveen Nair in 2018 after his 25 years of movement dance and Yoga practice. He realised that the Yoga world was fairly moving away from the true essence and pursuit of Yoga. Therefore after his years of contemplation in the practice of Yoga and Advaita Vedanta (on duality) he formulated a space of practice in which the feeling of the human body is given primary importance then the form of the aesthetics. Using the felt sense he helps his students dive deep into the more expansive nature. The practice is more of an exploration than achieving a set result.

Workshop - Friday, May 30st

16:00 – 19:00 | Embodied Yoga Flow

The first class is designed to establish the primary elements of the Embodied Yoga practice, which is sensing, feeling, moving, from the inside out and touching space as you move. In this class we will also explore a spherical arm pattern that would aid in developing shoulder, neck and spinal response.

What to expect from this class

- The class begins with the practice of landing into the present body and the (HOO) Breaths
- Shaking to stimulate response from the nervous system
- Embodied Yoga flow into all 3 planes of Movements
- How to use mindful language to encourage the class to co create an embodied atmosphere.
- How to feel and use body weight as we move from one movement to the other.
- How to flow naturally from one movement to the other feeling the energetic flow
- Simplicity is also strength

19:00 – 20:00 | Philosophy and Chanting of Nirvana Shatakam

This is a Non dual text composed by the epitome of Non duality in Vedic India, Adi Shankara Acharya. At a very tender age he had mastered the relevance of the Upanishads to end the suffering of the human being due to misunderstanding of the self being non complete and separate with all. In this text 6 versed composition he brings together the complex teaching of the Upanishad to a very direct path.

Workshop - Saturday, May 31st

12:00 – 15:00 | Embodied Yoga Flow

In this class we explore rotational movement patterns from the arms leading into the spine and from the hips and legs leading into the spine. The purpose of the flow is to bring awareness to how much the body loves rotational movements at a micro level and macro level. This class was designed by Parveen Nair to imitate the gentle gate of the gods with the mudra called Dola Hasta.

What to expect from this class

- The class begins with the practice of landing into the present body and the (SHOO) Breaths
- Shaking to stimulate response from the nervous system
- Embodied Yoga flow into all 3 planes of Movements
- Rotational arm patterns into various planes of movements and asanas
- How to use micro rotational movements to go deeper into the body of expansiveness
- How breathing aid in rotation

LUNCH BREAK

16:00 – 18:00 | Movement Improvisation

In this class we will explore the fluid nature of the hips and spine with various movement play improvisations with props and by coupling each other to give feedback. This is more of a free movement class targeted to stimulate innate creativity with fun and play and how to have mindful interactions as a part of a Yogic life.

18:00 – 19:00 | Philosophy and Chanting of Nirvana Shatakam

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Workshop - Sunday, June 1st

12:00 – 15:00 | Embodied Yoga Flow

Sthira Tandava is an embodied flow developed by Parveen Nair dedicated to Lord Shiva Nataraja who is the foremost of Yogis and the epitome of Dance in the Vedic Indic culture. The flow celebrates the gracious and vigorous dance of Lord Shiva Nataraja combined with Yogic postures and classical dance Mudras. This embodied flow is designed to bring out 5 elements of the dancing Shiva and its relationship with the physical, pranic and emotional effect it has on the human body. The 5 elements are Sristhi (Creation), Sthiti (Sustenance), Samhara (Destruction), Tirobhava (Veiling) and lastly Anugraha (Surrender/ Grace)

What to expect from this class

- The practice begins by landing into the present body/check in. I will guide you into the breath of Shiva.
- Natural body movements integrated with myofascial hydration to enhance fluidity and mindfulness while moving especially in the hips groin and spine.
- Exploring various Yoga Asanas in different planes of movements related to the Dancing Shiva pose and its effect on the physical, energetic and emotional body.
- Exploring various Dance Mudras that invoke and depict the dancing Shiva.
- Coiling movements patterns to depict the coiling serpent of Lord Shiva
- Recovery pattern to come back home to the innate Silence.
- This class is also accompanied by the Indian Classical percussion music.

LUNCH BREAK

16:00 – 18:00 Embodied Pranayama

In this class I wish to share the exploration of where do I breath by doing some partnering touch to give feedback. This helps you stay relaxed while discovering the movement of the breath in the present body through touch. The second exploration is a marriage of breath and movement. A movement informs you that the breath is breathing in a particular part of the body and how maybe in another part of the body there is no movement, this informs us about the breath.

What to expect from this class

- Partnering breath awareness cultivation at the Abdomen, Diaphragmatic, Intercostals, Upper chest and Cranial movements
- A gentle sequence of asanas that can help discover the marriage of the breath and movement in the body

18:00 – 19:00 | Philosophy and Chanting of Nirvana Shatakam

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Prices

Early bird (until April 1st): €320.

Standard price (from April 1st onward): €360.

To secure your spot, a deposit of €120 is required for early bird registration, and €150 if you book after April 1st.

The deposit is non-refundable. However, in exceptional cases, if the spot is filled by someone else, a refund may be considered. The remaining balance will be paid on the day of the event.

BOOK NOW!

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