

## **RESPIRA**

Elena Chavarría

Monday through Friday

July 11<sup>th</sup> to 15<sup>th</sup>, 10:00 am to 3:00 pm

The workshop “Respira” consists on my testimonies of a journey into the present. A trajectory that has allowed me to intersect paths with you, as we cultivate patience, faith, will power, determination and strength.

Through my own experience, I will share the benefits and the challenges of committing to a practice of moving meditation. The inhaling and exhaling through the same 26 postures and two breathing exercises of Hatha Yoga practice recapitulate in our body, our mind and our spirit, the evolution of the universe into its own consciousness.

We begin experiencing equal distribution of our weight, moving into alignment, creating symmetry, crossing laterality, finding center, valancing and focusing our gaze, subordinating head to heart, by igniting the pulse in our body breath by breath; blood rushing full of oxygen to every organ and every cell. I am a teacher. A teacher is always a student. There is no magic in here. Yoga helps us to become. You are my other me.