

Dejamling Yantra Yoga 1st - 2nd Level Supervision

Date : November 21, 2016



Dejamling Yantra Yoga group during the supervision of Stella Rungen.

We had a wonderful 10 day [Yantra Yoga](#) 1st and 2nd level supervision at [Dejamling](#) (France) at the end of September. We were very lucky to practice all the preliminaries and the five series of *Yantras* including the five fundamental *Pranayamas*, most of the time on the *mandala* surrounded by nature or sometimes in the *Gönpa* when the weather was not so great.

Thank you to Laura Evangelisti, one of the two main Yantra Yoga instructors of the [Dzogchen Community](#), for her presence in the Southern Cévennes mountains.

Thank you to Stella Rungen, our new Yantra Yoga 2nd level instructor in France.

Thank you to Elerin Uibu and Nicolas Brenon, our new Yantra Yoga 1st level instructors in France.



Elerin, Stella, Laura and Nicolas at Dejamling.

Yantra Yoga is one of the oldest recorded systems of yoga in the world. It has come to us by way of Tibet, a land that holds a vast, rich Buddhist knowledge and heritage. Yantra Yoga's unique series of positions and movements, combined with conscious breathing, can help coordinate and harmonize one's personal energy so that the mind can relax and find its authentic balance. Many positions used in Yantra Yoga are similar to those of Hatha Yoga, but the way to assume and apply them differs significantly. Yantra Yoga uses a sequence that consists of seven phases of movement, connected with seven phases of breathing. In particular, the position in the central phase of each movement helps create specific retentions of the breath that work at a deep, subtle level. For this reason it is not only the main position, but this holding and the entire movement that are important.

The system of Yantra Yoga contains a wide range of movements that can be applied by

everyone. It is a superb method for attaining optimal health, relaxation, and balance through the coordination of breath and movement. This fundamental and rich method is connected with the profound essence of the Dzogchen Teachings, although a Yantra Yoga practitioner does not necessarily need to follow a particular spiritual path, therefore anyone can practice it without limitation. It has been offered for the help of finding the true natural state.

For more information about the Dzogchen teachings, please visit www.dzogchen.net