

Yantra Yoga on a Chair... and not only

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Yantra Yoga with Fabio Andrico at Merigar 1-2 September 2018



As a [Yantra Yoga](#) teacher I had been waiting, together with many others I'm sure, for an official and coordinated way to present Yantra Yoga to those who are not flexible enough to apply Yantra Yoga at its full potential. Many people who come into contact with Yantra Yoga as beginners are extremely interested and keen, but not all are fit enough to apply it to a satisfactory degree.

We know that breathing, in coordination with the sequences of movements, is one of the most important and qualifying aspects in Yantra Yoga, and it is the one that students appreciate the most, because the benefits are evident and amazing, so it was really good to see the entire sequence of the *Lungsan* performed on a chair, complete with the characteristics of inhaling, exhaling and holding in the correct way.

In addition Fabio Andrico presented a number of warm-ups for the body and for the breathing that can be very useful for people with limitations, but also for anyone wishing to do something in a normal situation, like sitting at a desk in an office, on an airplane, bus and so forth.



This can of course be very helpful, but the idea that really almost anybody can perform the [Eight Movements sitting on a chair](#), I find particularly precious! This really opens up the possibility to a huge number of students.

Fabio Andrico and Laura Evangelisti have worked together and, with Chögyal Namkhai Norbu's advice, found an easy and accessible solution that not only allows people to experience the various types of breathing, but maintains the correct sequence and rhythm, which is also crucial in the practice of Yantra.

A video has been shot, so we will have a base to check, remember and hopefully develop this very important tool. I just can't wait to apply it myself and to introduce it in my classes.

Sergio Quaranta

