

# Yoga & Healing 2018

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.



## 01–31 of January 2018, Margit Weingast

Yoga is for me a balancing and nurturing practice for body, mind and soul. It's an art and a science of transformation. I began yoga in the year 2000 and have been teaching since 2010. I speak German, English and un petit peu Francais. I endeavor to guide myself and all those working with me to a healthy relationship with our bodies and to develop our potential as human beings. By coaching and teaching yoga I support people to follow their inner wisdom and celebrate life. My students in Austria appreciate the space we create together while practicing yoga - physically and spiritually. With respect and thanks to Iyengar, Dona Holleman, different Anusara-yoga-teachers and my Hormon-Yoga-Teacher Lalla Truske I created my style of teaching yoga. I hold certificates of teacher-trainings from Cityyoga, Graz and Anusara, Berlin and love to be inspired by different ways of holistic bodywork and dance. Every time my students and I, we roll out our yoga-mats, eather at the organic hotel Tauss in the beautiful vineyards of South Styria or at the open classes in the village where I live, I focus on awareness and biomechanics alignment and invite everybody to a joyful, light-hearted approach. Besides yoga I am passionate about hiking and cycling. And I love to cook for my family and friends.



## 01-28 of February 2018, AMANDA INGS

### BRIEF BIO:

Amanda is an international Tantra Yoga & Meditation teacher based on the west coast of Canada. She's been leading classes, workshops, retreats & online courses for over 10 years, and *"teaches with a true passion and a great authenticity. As a student, she is bound to inspire you!"* Amanda's offerings are rich in the philosophy and experiential practice of non-duality, delivered with a teaching style that is grounded, deeply somatic, spontaneous, & organic. She has a soft, gentle, maternal &

welcoming nature, yet her presence summons an immediate embodiment of your own presence, power, and wisdom. *“Her compassionate and peaceful presence are a deep embodiment of the tantric teachings she shares so beautifully,”* says a past student. When she’s not studying with her teacher, Yogini adept Maa Parvathi Nanda Nath, or teaching, you’ll find her communing with one of her other 3 main loves in life: being with children, frolicking in the forest, and spending time with her two gentle giant dogs!

**LONG BIO:**

Amanda found Yoga at the ripe young age of 18, at the suggestion of her modelling agent at the time. She’s living testament to the transformational affects of the ancient practice, which began for her firstly through yoga-asana (postural yoga). She found herself shifting organically from a rather destructive lifestyle (as a model in the international fashion industry) to a deeply cohesive & constructive one - through daily practice of presence, embodiment, and ruthless self-enquiry. Ever since this most fundamental shift, she’s dedicated her life to the study of consciousness, which gradually led to teaching Yoga, meditation, and Tantra worldwide. She began her studies by receiving a basic 200hr YTT certification in Hatha Yoga, and has went on to receive various certifications in the fields of Yoga Therapy, Transformational Breathwork, Advanced Alignment (Anusara-inspired), Yoga Nidra, & Yoga for the Special Child. In 2011, her most influential and beloved teacher, yogini adept Maa Parvathi Nanda Nath Saraswati, initiated her into the Shakti teachings of Kaula Shri Vidya Tantra Yoga, which has been the single most re-organizing factor of her adult life. She’s been studying and practicing traditional Tantra under Maa Parvathi’s close guidance ever since, and is currently engaged in a 3-year Shri Vidya intensive training program, designed to authentically represent and transmit this particular wisdom lineage.

Amanda’s offerings are rich in the philosophy and experiential practice of non-duality, delivered with a teaching style that is deeply somatic, spontaneous, & organic. She is soft, maternal, gentle, and inviting, yet her simple presence summons an immediate embodiment of your own presence, power, stillness and wisdom. She encourages and nurtures new depths of self-awareness and remembrance in her students. Though she has a

very solid understanding and background in yoga-anatomy from her earlier years of study and teaching, her strongest emphasis in postural yoga classes is towards the movements of the breath and “prana” (life energy) in the subtle energy body, the awareness of mind, and the subtle yet deep shifts back into wholeness, ease, and remembrance of our most natural state of being. She also shares a large body of work, ‘The Yoga of Mind: 5 Elements & Emotions Mandala’; designed for liberating the emotional body and the Five Elements at the level of mind, adding immense depth to the practice. Students say Amanda’s approach to sharing Yoga brings them into “*a deep soul recognition, rather than mastery of the physical body*” (though that too may come)! Her own sadhana is imbued in energy work, tantric ritual, mantra, visualization and the simple yet profound richness of living in constant relationship with Devi, the Divine Mother. She lives in perpetual pursuit of beauty, surrender, devotion, personal mastery, love, and truth. With intentional guidance and a high level of personal study, practice and expertise, she’s honoured to offer you the space to open to a deeper experience in Yoga, and a natural, effortless return to your most connected and essential state of being.

Past students describe her as “*patient & passionate, with a wonderful presence that radiates peacefulness*”, “*a calm, grounded, balanced, generous & inspirational teacher who shares and delivers her teachings with beauty & grace.*” “*Her knowledge and teachings are rare and unique for Western Canada - so refreshing and enlightening!*”

**FIND HER ONLINE:**

instagram: @amandaings

facebook pages: Amanda Lynne Ings // Amanda Ings: Yoga & Meditation

website: amandaings.com



**01-31 of May 2018, Atmavani (Jacqui Fletcher)**

My name is Atmavani (Jacqui Fletcher) and I am a full-time Yoga teacher based on the Central Coast of New South Wales, Australia.

I have a strong interest in health and wellbeing so both my own practise and teaching have developed a strong therapeutic focus. Each week, I have a particular theme to my classes. The inspiration for these themes comes from a variety of sources including the seasons, Yogic philosophy, student requests and health issues identified by the students themselves.

I teach an integrative style of Yoga that pieces together a range of different practices from a wide variety of Yoga styles. With Hatha Yoga at its core, this tradition also borrows from Raja, Karma, Jnana, Mantra and Bhakti Yoga styles to form a wholistic approach. With this blending of practices from a number of different Yoga styles, the idea is to try as many as you can and then choose the ones that best suit you. The philosophy behind this Yoga tradition recognizes that everyone is different and, therefore, each person requires a unique combination of practices to bring them into balance and harmony.

A key feature of this style of Yoga is its adaptability to suit almost all levels of student mobility and flexibility. This means that if you can't tie yourself into a pretzel or even sit on the floor, you can still participate. Practises can be as challenging as the students' capacity allows and tailored to address a whole range of health issues. Stress reduction and the tools to deal with the symptoms of stress as they occur, are also important and highly valued outcomes.

I found this style of Yoga during a period in my life when I was seriously ill with an auto-immune disease. As with all such illnesses, stress plays a big part in my level of wellbeing. When I attended my first class, I couldn't believe the level of relaxation I had achieved in just an hour and a half of practice. I was hooked immediately!!!

I decided I needed to find a way to incorporate Yoga into my everyday life. Having an extremely stressful career, I just knew it was time for a change. So I spent two and a half years training full-time with the Academy of Yoga Science at Mangrove Yoga

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|  | <p>ashram on the Central Coast of New South Wales. As well as a comprehensive study of Yoga, the course delivers well-rounded training with the inclusion of exercise science and anatomy &amp; physiology subjects.</p> <p>I am now doing what I love and feel I was meant to do – I believe I have found my dharma - and I look forward to sharing my passion with you!</p>   |
|  | <p><b>01-30 June 2018, Dr. Dagmar Rachbauer</b></p> <p>Dr. Dagmar Rachbauer, Medical Scientist specialized in Brain research and Neuropsychology, Clinical and Health Psychologist, trained in Austria, France, USA, Germany.</p> <p>Went to India after having completed University life &amp; Research work with Honors to pursue an Intense Yoga training in the Himalayas in India for several years, studied with many well-known Yoga, Qigong and meditation teachers since 20 years, certified from Sivananda organization in Hatha Yoga, initiated in Kriya Yoga as taught by Babaji.</p> <p>Has been teaching Yoga and Qigong in American, European, Asian continent for several years.</p> <p>Lived in many different meditation centers/monasteries in Asia and Europe in the past years.</p> <p>Many years training in Vipassana/mindfulness practice.</p> <p>Sometimes she combine different body postures to a Flow Yoga style.</p> <p>It always depends on the group of people and how she feel what is good for the people or what they might like.</p> |



### **July-August 2018, Ruth Fabianke**

Ruth Fabianke before becoming a yoga-teacher, Ruth (born 1960 in Hamburg, Germany) studied social sciences and worked till the end of 2004 at different places in leading positions. She realized that many things in society called social are not social at all for the people involved. 2005 became a turning point in her life. She concentrated on studying and teaching yoga. Grounded on the mental heritage of Sri Aurobindo (1872 – 1950), one of India's greatest yogis and spiritual teachers Ruth assimilated techniques and methods of other yoga-traditions – for example Yogi Bahjan, Sivananda, Iyengar, Desikachar. Finally all paths of yoga want to reach the same goal. In this way she creates her own lessons which might help people to become more aware of their body and hold it agile, to relax their mind and to come to an inner silence for meeting the Self. This is what Ruth's yoga is for – in between a lovely surrounding to become more conscious, sensitive and respectful with someone's Self, in relationship with others, for the nature and the Devine. Come, see and let you to be touched by practicing yoga - asana, karana (static position and dynamic movements to loose, stretch and strengthen the body), pranayama (feel and work with the breath) and dhyana (meditation) – the path to holistic health.

**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](mailto:yoga@gaia-oasis.com)