CHRISTIAN PISANO

THE FIELD OF CONSCIOUSNESS OR THE JOYFUL WANDERING

"ONE SHOULD CONTEMPLATE ONE'S OWN BODY IN THE FORM OF THE VAST SKY UNLIMITED IN ALL DIRECTIONS..."

VIJNANA BHAIRAVA



From 9:30am-12:30pm:

Rituals of ease. Preliminaries of reading the body in ease.

From 3pm -5:30pm:

Rituals of tranquillity (an introduction of the support of contemplation, the firmaments and the breathing).

From 6pm:

Questions without answers or introduction to a text.

Sunday, 12th of May 2024:

From 9:30am-12:30pm:

Invocation of the digestive fire

From 3pm -5:30pm:

The sacrifice of breath

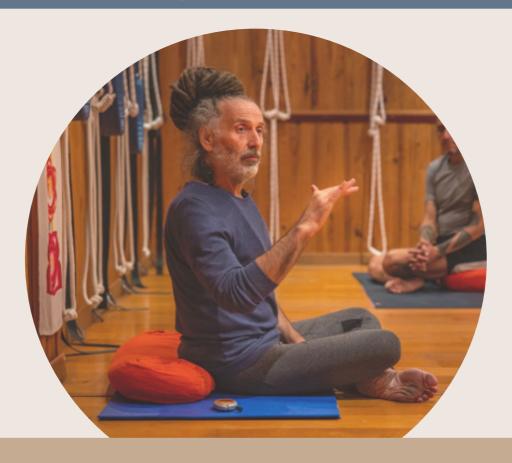


Yoga in Luzern, Yoga-Basis (Obergrundstrasse 42, 6003 Luzern)

Reservations: victorianivenyoga@gmail.com

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"I always practice the three reminders. They are like lakes that clean the heart.

First I remember that I am a form of infinite Consciousness.

Then I observe the glorious phenomena of the universe as the expression of my own Consciousness.

And finally I see all the different states of Consciousness as my own self."

Lalla

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