

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



Saturday, 11th of May 2024:

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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