
Weekend Workshop with Lina Franco, 17-19 May, 2019



- Clonlea Yoga Studio, Blackrock, Co Dublin
- €210 (Early Bird €195, before 31st January)

The Siddhi: Power(s), Success, Perfection, Performance...

Inspired by the 3rd chapter of the *Yoga Sūtra – vibhūti-pādaḥ* – the workshop intends to study this particular experience – usually translated with the word 'expansion' – that allows the yogin to deal with a certain 'growth and consciousness' of power in life.

Chapter 3 is undeniably an invitation to develop our personality: the way in which power is understood always also depends on the way in which people understand themselves.

The path that leads to *siddhi* is clearly stated in the first 2 chapters: (i) perceptions and actions are profoundly connected, (ii) together, they install the yogin in a state of availability that (iii) prepares the person to practise the power of elimination (*tapas'siddhi*) and action (*ḥriya's siddhi*) leading to a blooming of the body.

Yama and *niyama* contribute towards different kinds of self-fulfillment, some of them positive, others negative, unhealthy. The power to subdue one's passions, to protect the body, to restore health certainly help the yogin to step into *kaivalya*.

The wielding of authority, of superiority, the power to become heavy in order to gain respectability, are instead an obstacle, a danger, a risk...

Are we ready to give away our 'personal power'?

To question power means also to ask ourselves what makes us 'governable' as a disciple and enables us 'to govern' in the sense of 'to guide'.

The workshop addresses this issue by rephrasing the question 'what is power/*buddhi*?' as 'to what question can *siddhi* be seen as a response?' This transformation allows us to keep the 'power of *siddhi*' in perspective.

To book, contact Eleanor Dawson:
eleanor.yoga.flute@gmail.com, 085 8416800

- **One-to-one classes** with Lina available Thu 16 and morning, Fri 17, €70
- **Contact Eleanor for details. Workshop counts towards IST for aYs members**

To find out about Lina and her work, please visit: <http://www.body-yoga-paris.com>
