

# LINA FRANCO

+33 (0)6 50 19 77 79 | [www.body-yoga-paris.com](http://www.body-yoga-paris.com) | [contact@body-yoga-paris.com](mailto:contact@body-yoga-paris.com)

## # 1 BIOGRAPHY

Lina Franco is an Italian academic researcher (Ph.D. in Comparative Literature, Philosophy and Philology), author of several papers and 2 books. She has lived in Paris since 1992. After 20 years spent in the service of Higher Education and learning in various European Universities, she decided in the late 2000's to "retire" from formal academic life, and to pursue her studies by devoting herself to Yoga.

The body, in its most extensive meaning, is at the core of all her activity and work.

Yoga came into her life in the 1990's. She travelled extensively and for more than 10 years she received Yoga teaching in France, Quebec, India, and Iceland from some of the most experienced and ethically-minded Yoga Teacher Trainers directly formed by T.D.K. Desikachar such as Claude Maréchal (*Viniyoga* founder in the West and director of the homonymous review), Peter Hersnack (researcher and founder of *Art of Yoga*), Michel Alibert (theologian and exegete of ancient Christian & Indian texts), Laurence Maman (doctor, Vedic singer, founder of the CAY Institute, and with whom Lina is following a cooptation process to become a Yoga teacher trainer herself). Focused on Patañjali's *Yoga Sûtra*, and key Indian texts such as the *Mahabharata*, this teaching provided in-depth, experience-focused training in postural, energetic and meditative yoga. In parallel she studied yoga therapy and Sanskrit grammar. Following her yoga research and studies, in 2008 she founded *Body Yoga Paris*, and in 2012 published the book "*Mémoire et Changement*".

Certified as a Yoga Teacher by the French Yoga Institute (IFY), she's an active member of the administrative council (CA) of IFY IDF (the Parisian and Ile-de-France branch of the national Institute), and, in particular, newsletter editor. In 2015, she was selected to be the Ambassador of the IFY IDF during the first Anniversary of the International Day of Yoga organized in Paris by Unesco in collaboration with the Indian delegation of the Ministry of Yoga.

She regularly animates seminars, workshops, and yoga classes for individuals and groups. Twice a year, she holds retreats abroad (in Italy, Scotland, Spain...) on different aspects of yoga, both theoretical & practical. In 2014, she co-produced two video clips with the artistic director Florence Pierre: one illustrating her work, the other a *Yoga Clichés* teaser.

## # 2 TEACHING

Lina Franco's teaching aims to build bridges between T.D.K. Desikachar's yoga tradition and its transmission into the contemporary era. Maintaining this dialogue alive is a major goal of her work. With equal enthusiasm and commitment, she gives conferences and leads training in both yoga institutes and schools, and also in corporate settings.

Her work pays constant attention to the person, with a deep understanding of all the being, not just body, mind, and soul, but also the person's personal projects. Her teaching is based on a profound respect for the diversity and uniqueness of her students, and works towards the construction of change in each of them, helping them to find new avenues through Yoga away from a pre-determined path.

## # 3 RESEARCH

She develops her research equally on the yoga mat and from the texts, in particular the *Yoga Sûtra*. Yoga is a crossroads where different energies and approaches such as philosophy, literature, and medicine intersect each other. Posture is experienced as a space for discovering and meditating on the true nature of the human being. Practice is the consistent support helping breathing to reveal itself to a body finding back its connection with Life. Human being is the start and end point of all her research. Its direction is towards autonomy.... from fear, doubt, desire, action.