

Weekend Workshop
with Lina Franco
Clonlea Yoga Studio,
Blackrock, Co. Dublin, Ireland
11th - 13th May, 2018

DESIRE : a commonplace of misunderstanding ?



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Too often desire is misunderstood in Yoga (âvydia).

We treat it as an expression of [râga](#), the equivalent of a “strong feeling of some kind” that we usually translate with synonyms such as cupidity, fervour, voracity, attraction. We limit our

perception and comprehension of desire in a way that brings us to see just the negative face of desire. However, there is another side to this 'inner force' that maintains our body alive and that Vedic and later Hindu Tradition define with the term Prâna: the breath of life or vital principle.

When in our practice we search for balance, serenity, concentration, or even of this final state of absolute detachment and release (kaivalya,) which one of the two between râga and prâna is the real drive, the real force that motivates our research? What is calling us?

Can we objectively separate (viniyoga) this two experiences and state beyond all possible ambiguity that desire is not a form, or an expression of Prâna?

Lina Franco

<http://www.body-yoga-paris.com/stages-yoga/2018/214-irlande-dublin-workshop>