



Mini-seminar

Tibetan Yoga

With Alejandro Chaoul, PhD

A unique opportunity to learn about the effective and ancient yoga practices from Tibet, in the context of our modern scientifically oriented times.



Tibetan Yoga is the fruit of thousands of years of intense inner science and practice in the context of a wisdom tradition that is known for its compassionate outlook on human beings. These days more and more scientist are fascinated by the effects of these practices. Alejandro, a practitioner, researcher and assistant-professor at the University of Texas in Houston, USA, is one of them. In addition to teaching Tibetan yoga and other aspects of and Tibetan Buddhism for decades, he is also involved in scientific research on the effects of Tibetan yoga and meditation on the quality of life of cancer patients. He has been trained in these practices for over 15 years under the close tutelage of Tenzin Wangyal Rinpoche, a well known Tibetan Bön Buddhist teacher.

During this evening Alejandro Chaoul will give a general introduction to the background and principles of Tibetan Yoga and a review of the research work he is doing in the US. The second and major part of the mini-seminar will consist of a 1,5 hour practice session of a particular aspect of Tibetan Yoga. Namely 'Tsa Lung', literally meaning 'Channels & Energywinds'. These exercise are very simple to learn and therefore this mini-seminar is open and interesting for both absolute beginners and people with experience with yogic and meditative practices. The 'tsa lung' exercises release blockages in various layers of our being, help us to stabilize health and bring depth and ease towards one's mediation practice.

LOCATION

Kenkon, Integral Life & Training Centre
Nieuwe Kanaal 11
6709 PA Wageningen

DATE & TIME

Zondagavond 11 april 2010
19.30 – 22.00 uur

INFORMATION & SUBSCRIPTION

info@kenkon.org / 0317-452946

COSTS

25 €
[15 € voor Kenkon leden, studenten & members of the Bongaruda Nederland Umze group]