

## **A Reflection on Compassionate Practitioner Yoga Training 2014-2016**

Parampara. A lovely Sanskrit word for a lovely concept. The mutual commitment and respect in a teacher student relationship as a tradition, a body of knowledge, is handed down through a lineage.

Compassionate Practitioners. We live around the world in 8 countries and we live in each other's hearts. Together we take the path, to go deep, to sit in silence, to sweat, struggle, surrender, rejoice and pray together. To really look at who we are and share these revelations with each other.

It is challenging to explain what this three year process involves. Of course there are early, dark starts, long, focussed asana sessions, hours of chanting, marathons of breath, deciphering of texts and teachings, effort, exhaustion, exhilaration...but also more, so much more...

For me, from the first asana practice with the headstand held for 108 breaths, to the final circle on the closing day weeping, nothing was predictable, nothing was known. Signing up for this course there is no step by step curriculum outline, no textbook and no guaranteed outcome. Its risky business and you must be prepared to take the leap.

At this level of investment, 3 months each year for 3 years of intimate immersion, the teacher and student travel together – a journey that is physical, mental, emotional and spiritual. Once you've begun, its hard to turn back and you must believe that whatever you need will be provided, probably from within.

Nothing else I have ever done in my life quite compares to this. This was different. This was being gathered up into the gentle, loving arms of a lineage, embraced by another who said 'let me show you the way. Follow...'

To refer to Dena as a yoga teacher seems almost trite, laughable. Unless of course one truly understands the definition of this somewhat desecrated word. She has an extra-ordinary gift. A confidence and wisdom to facilitate transformation on a level most of us would not dream of. Shes asks for a lot. She expects you to show up. She sets a pace and provides a sacred space in which you may unravel and perhaps then come together again. She's got your back..

Over the months and years our eyes brighten, our body's change ever moving through strength and flexibility. We come again and again to the mat, we sing with increasing confidence and harmony, we laugh with more love and mirth in our hearts, we soften and know how fortunate we are to experience this place and process.

A wordless realm beyond the mind, a place of deeper expansion. We come to know and love silence and stillness. This is the medicine. This is where deep healing happens. Extra-ordinary experience this. Magic. What I always dreamed of...

Ange Palmer