

Never ending journey

The benefits of continuous study and the importance of group support. *By Sevanti*



Yoga is a journey, an ongoing evolutionary path of self-awareness. Some may say it is a path of actively being human; experiencing, witnessing and fine tuning all aspects of self to raise our consciousness and connect deeper with

ourselves and others through love.

As we all know, this does not happen overnight! It is a way of life which offers a vast array of tools to understand ourselves better and experience perhaps a sense of freedom, contentment, joy, relaxation and peace. We also encounter inner resistance,

restrictions and blockages too.

I remember dancing and stretching as a child, fascinated with the infinite possibilities of movement in the body. I loved to dance with the space around me, exploring gravity, lightness and varying dynamics, shapes and planes. I later realised I had been 'doing

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yoga' and keen to explore the tip of this seemingly gigantic iceberg.

And, 25 years later, I am still marvelled by the depth yoga offers me. I am still enjoying my practice and how it supports me in so many ways. I love to keep exploring, learning from other wonderful teachers and developing my passion for all things yoga, dance, bodywork and partner yoga. It is an interest and self-discipline which is a part of me. I can't imagine not living yoga.

Yoga collective

Each year I enjoy witnessing how my teacher training students come together as well, joined by a common fascination of yoga. The group connects on a very deep level, sharing personal challenges and insights; breathing, moving, chanting, studying, releasing and laughing together. It seems to take on a life of its own, with these individuals forming a sacred, supportive collective. Each member receives support from the others.

Whilst they are all heading towards a certificate to share their passion as a yoga teacher, there is something much deeper taking place. The students are undergoing a powerful journey of self discovery and awareness together, igniting one another through their own insights, whilst offering love, compassion and support during individual challenges. Many of the students then continue to teach and practice together, or to spread their love across the world forming new support 'families'.

After conversations with my own students and those from other schools, it seems that many may continue to enjoy the support from fellow practitioners and teachers in various ways, but they often seem to miss the very special experience that their teacher training gave them. Sometimes, it is reported that teachers feel a lack of personal support at times, unless they have become a part of an alternative group or receive some form of therapy. Even then, the magic of a group coming together to concentrate their energies in blossoming through yoga, may be lacking.

Keep exploring

Many of us love to keep exploring and investigating and may attend various inspiring workshops along the way, meeting a

few more kindred spirits through this ongoing study. It is wonderful therefore to bring together a collective of outstanding teachers for a post graduate course, all yoga students to lovingly inspire, support and offer their wisdom and insight to an ongoing closed group. This way, the group can take on its own identity as any training programme seems to do, with each member having the possibility of gaining deep friendship and support; whilst journeying together through an advanced programme in yoga.

Yoga is an ongoing journey with no final destination. We are all still learning, growing and deepening in awareness, sharing our experience as we go. It is also a process of enjoying our own company and the union of connecting with others too.

I love the humility of yoga teachers attending classes from other teachers, I believe we all have so much to learn from each other. Through the Independent Yoga Network (IYN), of which I am so happy to be a part of, I continue to be so inspired by other teachers and I love to see the community enthuse and encourage each other mutually. I see that we are all different facets of a diamond, all offering various ways to polish ourselves and reveal our individual truth and beauty, whilst being a part of something much greater, together.

Staying connected

There are many ways in which we can remain connected through yoga.

Many teachers have shared that they would like to work closer with others, as they journey alone from class-to-class. Running retreats and workshops together can keep us connected and inspired. Joining other teachers' workshops, support groups or post graduate courses can also keep 'filling the reservoir' with knowledge, experience and support.

With ongoing study, we can enjoy the gifts that our fellow yoga teachers offer at a deeper level, to benefit our own individual needs and to gain tutor and group support. We also benefit from gaining new skills and experiences that we can then go on to share with the whole community around us. Yoga is all about connection and the journey never ends.

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