

INBODHI
-A YOGA CIRCLE-
IMMERSION

inbodhi your inner teacher



Breath
Sound
Ritual
Asana
Study

Five days of Ashtanga Vinyasa Yoga
as taught by 'Rocketman' Larry Schultz
Supported by Yin Yoga, Transformational Breath, Sound,
Yoga off the mat & Ritual

11 - 16 March 2023 - Lena Younes, Michèle Barocchi & Salla Vedder
Quinta do Silencio, near Tavira, Algarve

INBODHI - A YOGA CIRCLE

WHO ARE WE?



Inbodhi - A Yoga Circle is a collective of 8 yoga studios and locations in Europe. Following the teachings of Larry 'Rocketman' Schultz, we offer classes, workshops and teacher trainings in Ashtanga Vinyasa as well as in Yin and Restorative Yoga. Inbodhi is a commUNITY - both locally and internationally - and we can't wait to welcome you.

The purpose of Inbodhi is to be authentic, committed, honest, humble, open to inner guidance, grounded in love, and connected in tradition, so that we may share the sacred teachings of the practice of yoga as we serve and support by leading transformational trainings - thus having a flourishing global community which abides in peace, trust, abundance, equanimity, harmony, spiritual freedom, joy and inspiration.

Our name has been consciously chosen to represent enlightenment, peace, our innate connectedness with nature, and the sacred union experienced in the practice of yoga. The Circle is one of trust, equanimity, transformation, and spiritual freedom. We 'Inbodhi' a collective community where all are welcome, neutrality and equality reign, and yoga is supreme.

Our mission is to be grounded in love and honesty. To inspire and empower a lifelong journey of yoga on the mat and into the world

The founder of Rocket Vinyasa Yoga - Larry Schultz - studied with Sri K. Pattabhi Jois for 7 years. He developed his much beloved Rocket routines which are a variation of the classical first, second and third series of Ashtanga Vinyasa Yoga while he was touring with the band The Grateful Dead as their private yoga instructor.

He was one of the first to step out of the box by stretching the boundaries of classical Ashtanga with modifications of the advanced poses, shifting the philosophy that one pose had to be completely perfect before the next was given. He passed away on February 27, 2011, in Toledo, Ohio while visiting his wife's family. His memory, teachings, energy, and living legacy will be eternal.



THE PROGRAMME ABOUT OUR IMMERSIONS: DISCOVERING INBODHI



Our immersions were created to invite past, present and future practitioners into the circle to experience the bliss of being surrounded, supported, and inspired as we break down the routines, tools, and techniques that will be transformational on and off the mat!

They are also the first step for existing yoga teachers from other traditions who wish to integrate Rocket inspired yoga into their practice and teaching and is a pre-requisite for non-Inbodhi (and IY) graduates to join the Inbodhi 300Hr. programme.

You will learn the main ingredients of Ashtanga Vinyasa Yoga as well as - if you are teaching - the foundations of how to facilitate all-levels-classes -

and/or deepen your own personal relationship with Yoga.

This retreat edition of our immersion incorporates **breathwork, ritual and vocal techniques for an all round transformational experience.**

This event is **open to all**, whether you are completely new to yoga or an experienced yoga facilitator.

s c h e d u l e

THE WORKSHOPS

Hands & Feet: The Foundations

Before we can learn to fly, we need to build strong foundations so that we can bring lightness and ease into our practice. This workshop explores your personal alignment so that asanas become safe, effective and comfortable - tailored to your body.

Breath: The Heart of the Practice

Breath is life. It is also what moves us on the mat - every transition has its own inhale or exhale, and it is this union of breath and movement which makes Ashtanga Vinyasa Yoga a tool for transformation. We will explore the physiology of the breath as well as deepen Ujjayi (victorious) Breath amongst other Pranayama techniques.

Bandhas: The Intelligence of the Practice

Bandhas are your best friends! It is by mastering these energy locks that we can bring lightness into our practice on a physical, emotional and mental level. We will explore each bandha in turn through a variety of exercises and integrate them into sun salutations, transitions and inversions.

Saturday 11 March:

arrival from 4pm
5:30pm: evening practice
7pm: dinner

Sunday 12-Wednesday 15 March:

8am: morning practice
9am: breakfast
10:30am: workshop
1pm: lunch
3pm: workshop
5:30pm evening practice
7pm: dinner

Thursday 16 March:

8am: morning practice
9am: breakfast
10:30am: workshop
1pm: lunch
3pm: departure



Drishti: The Direction of the Practice

Drishti - our gaze - gives us purpose and direction in our practice. Watching someone practice a sequence with drishti is a beautiful experience - it is then that transitions become seamless and we are able to enter an altered state of consciousness as we create a moving, breathing meditation.

Inversions: Discovering the Inner Child

Deep down we all love to play - and it is this playfulness which is at the heart of Larry Schultz's Rocket sequences. You will gain tools and confidence to try out or deepen your inversion, arm balance and transition practice - and there is no need to have ever done any of them before! Fearasana is a real phenomenon and so this is an opportunity to challenge your limitations as you move into a world of possibilities.

Yoga off the Mat: Life Coaching Tools

Our physical yoga practice is a training ground for life. But how do we practice yoga off the mat? Alongside mind-body journalling and discovering Inbodhi's unique philosophy, we will begin to explore some of the life coaching tools offered on the Inbodhi training path in order to invite clarity into our lives.

Transformational Breath: Integration

A unique opportunity to dive deeper into the awe inspiring power of your own breath - Transformational Breath is an integrative breathing technique which helps to correct old unhealthy breathing patterns and encourages a fuller conscious breath for better physical, emotional and mental well-being.

Voice & Mantra: Expression

Every one of us has a voice, but many of us have forgotten to express ourselves with ease and freedom, which in turn affects our nervous system. We will explore the resonance our voice can create through a combination of vocal techniques, group sound arts exercises and vedic mantra chanting

Ritual: Grounding

Experience the heart opening properties of Cacao as a medicine and co-create a Despacho ceremony as part of your Inbodhi retreat.

Daily Practice: Yoga Chikitsa

You will practice - and reflect through journalling and sharing - twice a day; predominantly Rocket and Ashtanga Vinyasa Yoga as well as one Yin and one Restorative class. When we practice so intensely, profound shifts in our physical and mental awareness can occur. The purpose of these practices is to create transformation - so our aim is for you to leave this immersion changed in some way as you create the life you want to create for yourself!

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God.

- Marianne Williamson



MEET YOUR TRAINERS

LENA YOUNES

DIRECTOR - INBODHI YOGA ALGARVE

I remember being about five or six years old and trying to work out whether I was meant to puff my belly out on my inhale or on my exhale. I would spend ages experimenting with all the different ways of breathing, determined to do it the 'right' way. There is something so deeply ingrained and primal about connecting to breath, voice and movement.

I was raised - largely - in Geneva, Switzerland, after spending the first few years of my life moving from place to place in Germany and The Netherlands, a pattern I continued in later life. I come from a mixed background - German and Egyptian - and have always felt that I belong everywhere and nowhere; a feeling that still permeates both my teaching and my music. My professional background is, originally, in History and Theatre Studies.



My yoga story began in 2014, when I moved to Florence, Italy, to finish my PhD in Early Modern History. Yoga had made an appearance in my life - on and off - for almost a decade, but this is where I began to commit to the practice and to my own process of transformation. Yoga changed my life - having spent years recovering from chronic Lyme Disease as well as a traumatic open abdominal surgery, I showed up to my teacher training with a body that was weak, tight, and more often than not in pain... and so it was from this place that I began my yoga journey in earnest.

As I discovered a daily on - and off - the mat practice, things began to change. My body - and mind - became stronger, more open and flexible. I let go of my PhD and dedicated the next few years to my practice as well as working towards opening a studio in Brighton, UK, where I had somehow ended up - and so what is now Inbodhi Yoga Brighton was born. Over the last few years I completed my E-RYT500 yoga qualification and led numerous teacher trainings myself... and my physical and mental health as well as my relationships to myself and others have transformed on every level. I am also trained in Kids and Family Yoga and have attended two Rosen Method bodywork intensives, which have hugely influenced my Yin and Restorative classes.

In 2018 I met the breath in a new way. I thought I had this part of being human figured out through years of vocal and yogic training - little did I know! My first Transformational Breath session with my friend and mentor Michèle Barocchi - who had also been my yoga trainer - blew me away. At the end of the session, I found myself sobbing and shivering in her arms... And soon after I felt completely reborn - so that's what it's like to breathe! After a few more sessions, another surgery and endometriosis diagnosis, I felt I needed to commit to my breath and have now almost completed my professional training in Transformational Breath.

Since then I have reconnected to music and written and recorded several songs.

My mission is to help others get in touch with their inner guidance and creative expression through yoga, music and the voice as well as, of course, the power of the breath.

I now live in Tavira in Portugal with my partner Darren, daughter Mayla and dog Fëalin.

MEET YOUR TRAINERS

MICHÈLE BAROCCHI

DIRECTOR - INBODHI YOGA FIRENZE



My name is Michèle Anne Barocchi and I've been on quite a journey. A journey of faith and transformation. I am dedicated to working with the human body and its ability to heal itself. It all began when I was a doctoral student specializing in Infectious Diseases and Immunology at the University of California in Berkeley. I have published over 45 peer-reviewed scientific papers and 3 book chapters. Graduating from this faculty was very demanding and stressful, and it was at this point in my life that I began a regular practice of Ashtanga Vinyasa Yoga in a small studio in the Haight Ashbury neighbourhood of San Francisco. Thanks to this practice I have found a simple and at the same time very powerful tool to connect to my life and relate to that of others.

The year 2003 was therefore a decisive year for me because, in addition to obtaining my PhD from Berkeley, I met Larry Schultz, the creator of the Rocket technique of Ashtanga Yoga, and following a 200 Hour It's Yoga teacher training, I became a certified teacher in San Francisco. In 2004, thanks to an important job opportunity, I moved from the United States to Florence where I opened my first It's Yoga studio, and based on the effectiveness and simplicity of the philosophy behind Larry's teachings, I was able to find the first group of enthusiasts who have found, thanks to constant practice, a way of support and connection that has constantly expanded. Continuing my research and studies I also gained knowledge as well as in Ashtanga, Yin and Restorative Yoga, as a registered Yoga Alliance facilitator (E-RYT500). In these years we have expanded the diffusion and vision of Larry Schultz and his "yoga to the people" philosophy to found many other European schools. Currently in 2020, our 7 formerly It's Yoga studios have undergone a further transformation, with the new name of Inbodhi.

It was 2015, which marked a sea change when following a nearly fatal accident, my life was saved thanks to my knowledge of yogic breathing techniques. Unfortunately, my left leg was amputated. Knowing how to breathe was what saved me - and the consequences of the event, leaving me bed-bound for 8 months, led me to explore other ways to connect and heal, this time without moving my physical body.

I began to chant, training with Menaka Desikachar - Krishnamacharya's first woman student - through the Krishnamacharya Healing and Yoga Foundation, becoming a Certified Vedic Chant Teacher. The practice allowed me to keep tuning into a Higher Source at a time when a yoga asana practice was unthinkable; and even though I have since returned to my yoga mat (still standing on my hands!), I continue to chant with my teacher every week.

A year after the event, Transformational Breath® came into my life, supporting me on my journey towards self-empowerment. In 2019 I completed the Professional training program to become a Transformational Breath® Facilitator - I have also been studying healing practices with Amazonian tribes and the Paqo Andinos (Despacho Rituals) of Holy Mountain Traditions in Peru. It is my mission as a facilitator of these practices to support others in having the tools to heal - tools we can learn and understand for ourselves, so that we may be independent in our own journey of transformation. It's not what happens to you, but what you do with it that is important.

MEET YOUR TRAINERS SALLA VEDDER

DIRECTOR - INBODHI YOGA FUERTEVENTURA



I knew Yoga would change my life before attending that first Teacher Training in January 2014. I was ready for it - ...but I had no idea that in 18 months I would be selling all my belongings in Finland and moving to live in the Canary Islands to open up my own Yoga studio.

I guess I just fell in love with that feeling that Yoga gave me. My mentality was (and is) that "I will be guided on the way, so I might as well get going!".

There was the perfect space and time in my life for it. I had been looking for something not really knowing what, and when it finally appeared - It was very clear to me that this is what I want to focus on.

Yoga made me feel relaxed, inspired and empowered. It made me live my life with more intention, with presence. I love the philosophy and the practice of the Rocket. I love love love it. One of my tattoos "Tää elämä" meaning "This life" states how Yoga clarified my mission in this life and it keeps bringing me daily where my life happens.

So I moved to Fuerteventura and It's Yoga Fuerteventura was born. It was one big "Vinyasa" for the first 5 years as I moved (Vi) and I settled (Nyasa) to live in the rhythm of the island here in Fuerteventura.

Something needed to change along the way for the greater good and because of the divine plan - and this is when the "Inbodhi - A Yoga Circle" came in. INBODHI is a beautiful co-creation with 7 other yogis around Europe. We've known each other for years already, we've been practicing and trained together - to do what we do: to share the love of the practice, individually, collectively, and as a community.

Since I became a trainer in 2015, I have so far led over 30 Teacher Trainings, all 200hr, 100hr & 50hr Rocket. Hundreds of graduates from Fuerteventura are now all around the world practicing and teaching themselves and their people to breathe and move with awareness in their lives. That totally melts my heart! I love the training times, and I love sitting in a CIRCLE and talking about Yoga (= LIFE), on and off the mat. I also believe that that is my superpower. My life keeps on changing in those training circles, and I'm here to learn. I'm open to Yoga teaching me so that I can facilitate and support others in their learning.

I've done my 500hr Training three times now (in 2015, 2016 & 2018) specialising in yoga off the mat tools & techniques and the philosophy of the Rocket.

Over the past years I finished my studies and became a licensed LCA® Psychological Resilience Coach (ACT Acceptance & Commitment Therapy) and a LCAF® Life Coach.

My purpose as a Yoga trainer and Life Coach is to be centered, connected and firmly rooted to myself and to my breath daily so that I can focus and empower myself and others to bring awareness in thoughts and actions on/off mat and as I'm experiencing my clear vision, steady and authentic voice, being a part of this community that is committed to peace, love and transformations, I'm also living my life Happy And Free.

THE VENUE QUINTA DO SILENCIO ALGARVE, PORTUGAL



Ideally located in the hills, 20 minutes from the charming town of Tavira and within reach of the beautiful natural park Ria Formosa, surrounding villages and the golden sand and blue waters of the Atlantic, **Quinta do Silencio** is a **stunning** location for our immersion.

Featuring mountain views and 340m² of land, the country home consists of two houses with 6 bedrooms and 6 bathrooms between them - all beautifully decorated and presented and completely at our disposal. Weather permitting, most of our practices and meals will take place outside in the Quinta's garden and terraces.

We will have use of our own swimming pool and our private chef will provide us with nourishing vegetarian meals 3 times a day.

Day guests & concessions on request.



shared room: EUR950 (£845)

private room: EUR 1225 (£1085)

all inclusive:

- full immersion programme
- 3 healthy vegetarian (or vegan) meals a day
- access to private swimming pool
- stunning natural surroundings to explore





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“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”

— Rainer Maria Rilke