

What happens when movement, breath and awareness are brought together?

Almost everyone had glimpses of deep peacefulness when they have felt connected to both to themselves, others or nature. This state of happiness arises spontaneously and in such moments we feel translucent. When we embrace a beloved child or when we feel the stillness at the top of a mountain that fills us with awe, we remember however briefly, our place in the scheme of things. (inspired by Donna Farhi)

Shadow Yoga

The school of Shadow Yoga is distinctive in its use of preparatory groundwork, in the form of dynamic sequences, or “preludes”. Beginners will appreciate shadow yoga’s straight forward effectiveness in breaking down tension in the body whilst building stamina. The flow of the sequences while focusing on the breath will work to calm and quieten the mind.

The preludes particularly build leg strength and openness in the hips, firmness in ones ‘centre’, and stability in the spine. They also develop the rhythm and focused awareness necessary to free the mind from its habitual grip on the body. This breaks down both mental and physical tension and restrictions, so that one may move unhindered into the practice of asana. The preludes involve a lot of turning and nonlinear movements, familiar yoga postures, and intertwine elements of martial arts. To me it feels more like a meditative dance.

How do we start?

We start from the beginning (even if you are an “advanced practitioner” we try to keep a “beginners mind”). We learn the fundamental principles which includes joint warm up sequences, basic stances to build strength and flexibility, and developing coordination of movements with the breath to develop mental focus. Then we slowly introduce the sequences of the three preludes.



About Michal

Sharon moved to Switzerland with her family about two years ago. She has completed an Ashtanga vinyasa teachers training led by Shimon Ben Avi (Israel 2006)

Prenatal yoga teachers training course (Wingate Institute 2007), Yoga therapy course by Dr. Gil Solberg (2008), Shadow Yoga style teachers training course by David Malka (2011). Therapeutic movement diploma by Wingate Institute (Shin Sen Do style, 2015). Also participated in workshops led by Richard Freeman, John Scott and Shandor Ramate. Sharon formal education is in Behavioural sciences (BA) and in Business Administration (MBA).

