

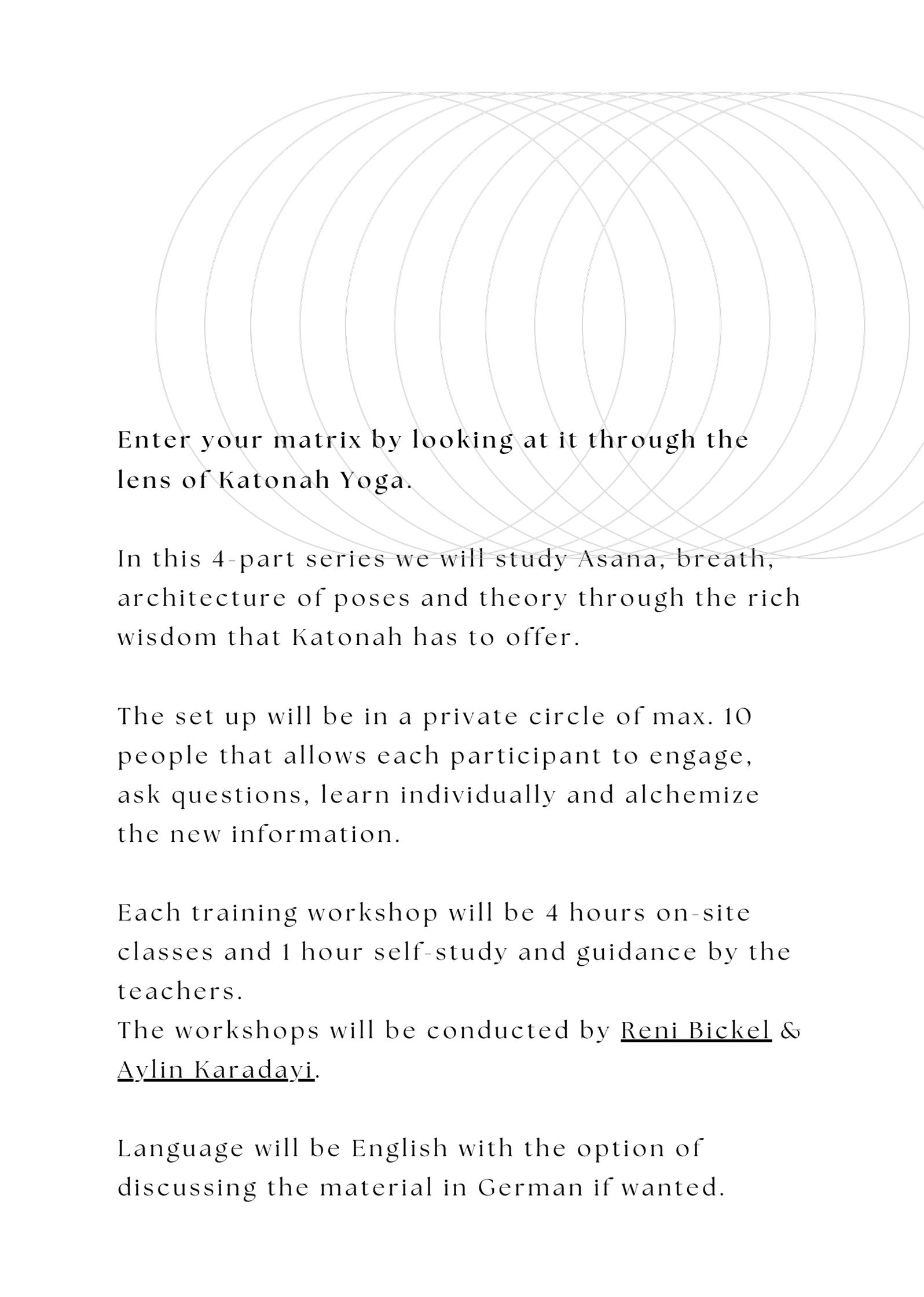
KATONAH

Your Way  
Of Practice

20 Hour Yoga Training

January - March 2020

Orbit (6) Zurich



Enter your matrix by looking at it through the lens of Katonah Yoga.

In this 4-part series we will study Asana, breath, architecture of poses and theory through the rich wisdom that Katonah has to offer.

The set up will be in a private circle of max. 10 people that allows each participant to engage, ask questions, learn individually and alchemize the new information.

Each training workshop will be 4 hours on-site classes and 1 hour self-study and guidance by the teachers.

The workshops will be conducted by Reni Bickel & Aylin Karadayi.

Language will be English with the option of discussing the material in German if wanted.



## Training structure

On-site classes

Saturdays 9:30am-13:30pm

at Orbit( 6 ) Grossmünsterplatz 6, Zürich

January 22nd 2022 : BEING in your body

February 12th 2022 : DOING what you need to do

March 5th 2022 : SEEING the bigger picture

March 26th 2022 : BECOMING the threading Self

## Pricing

All training workshops 650 CHF, includes the new  
2022 Katonah Yoga calendar

Single training workshop 150 CHF

\*calendar can be ordered separately if interested



## Outline

Life is demanding and sometimes jarring. It is also beautiful and exciting. What we love doing is not always what's best for us. What we avoid in life could be something that is of great benefit. By the virtue of utilizing universal concepts and techniques to rise above our personal propensities and our first impulses we can potentially address foibles, pain, deeply rooted habits and behaviour.

By working with the exceptional material of Katonah Yoga we are invited to understand that the whole universe functions in patterns and so do we. De-coding and un-ravelling to re-fold, re-calibrate and re-inform our systems is the whole goal of Yoga, because all Yoga is for alchemy. We use linear forms, shapes and templates to eventually become well adjusted, integrated and equidistantly radiant spheres.

Katonah Yoga should be seen as a framework or a lens through which we construct our Universe to ultimately understand the trinity of our mind, body and breath.

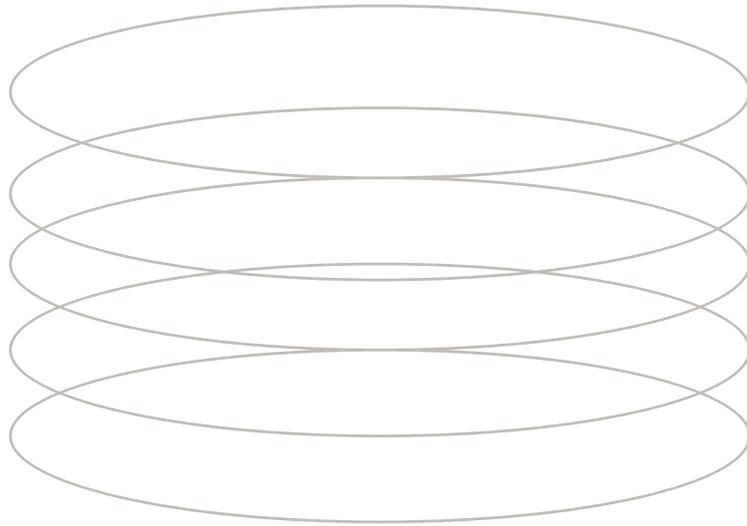
In this workshop immersion we will cover 20 hours of Katonah Yoga teachings and look into different aspects that are evidently important to living a joyous life:

From the body to the breath, hands-on application, theory and the practical utilization of the Katonah Yoga material we will study in a group of maximum 10 people to keep a private environment that allows us to investigate, elaborate and progress along the way.

We recommend taking the full immersion to get a better understanding of the body as a house, the Magic Square and the decoding of other Katonah Yoga metaphors, glyphs and maps.

Of course, the different workshop blocks can be taken individually as well.

We highlight the necessity of exchange and self-study to integrate the whole body of work in a safer way. For each workshop block, 4 hours will be held in-person and 1 hour will be dedicated to exploration, homework and online-guidance by the teachers.



## Detailed overview

January 22nd 2022 : BEING in your body

Katonah Yoga Foundation / Stability in the Body /  
Structural Understanding / Grounding practices

February 12th 2022 : DOING what you need to do

Katonah Yoga Realisation / Volume in the Body /  
Dimensional Understanding / Spherical practices

March 5th 2022 : SEEING the bigger picture

Katonah Yoga Awakening / Connections in the  
Body / Mystical Understanding / Integrative  
practices

March 26th 2022 : BECOMING the threading Self

Katonah Yoga Evolution / Transformations in the  
Body / Translated Understanding / Crystallized  
practices

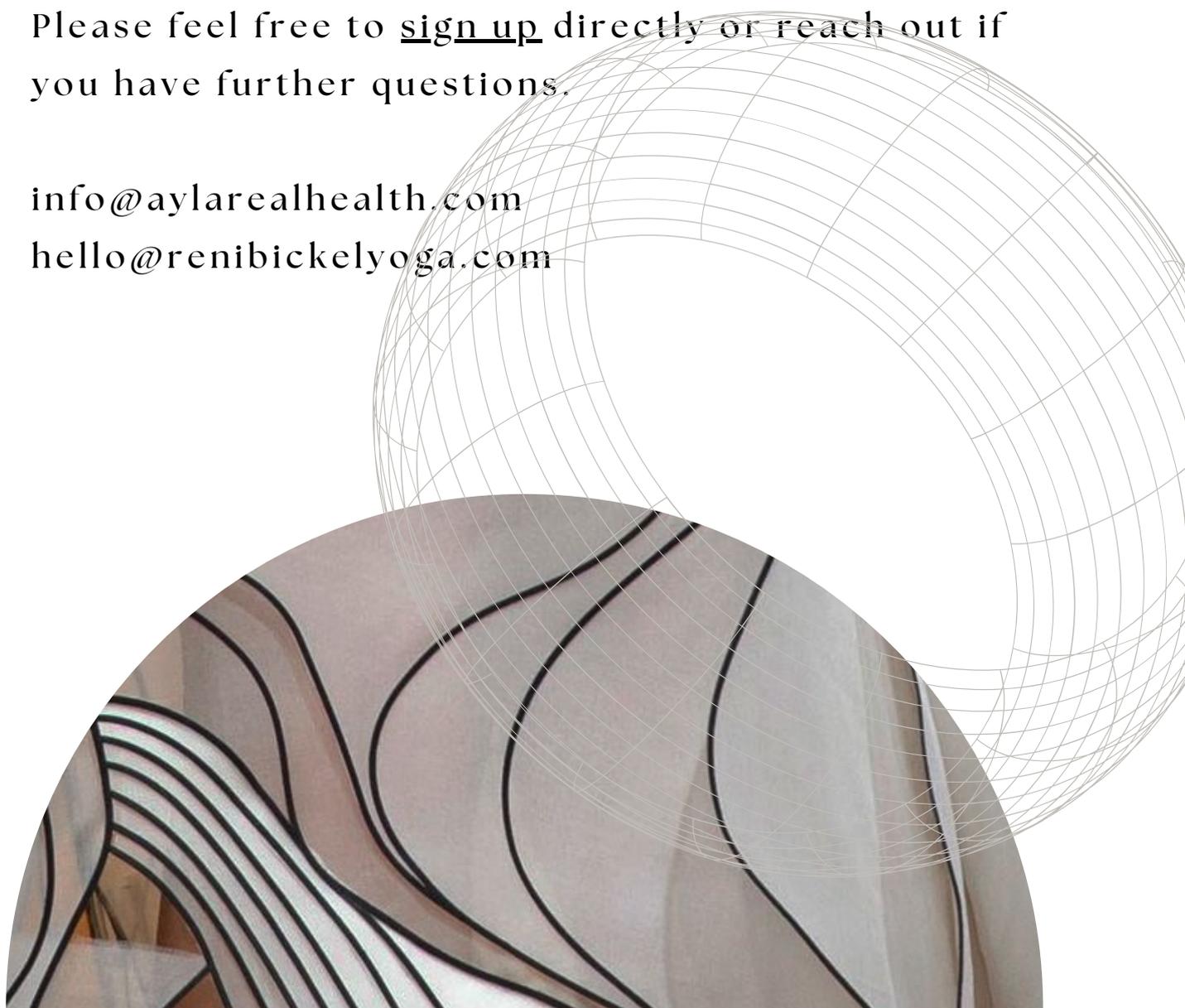
The Katonah Yoga calendar is included if you book the full immersion and if you take individual blocks we still recommend ordering the calendar to get oriented in time and space.

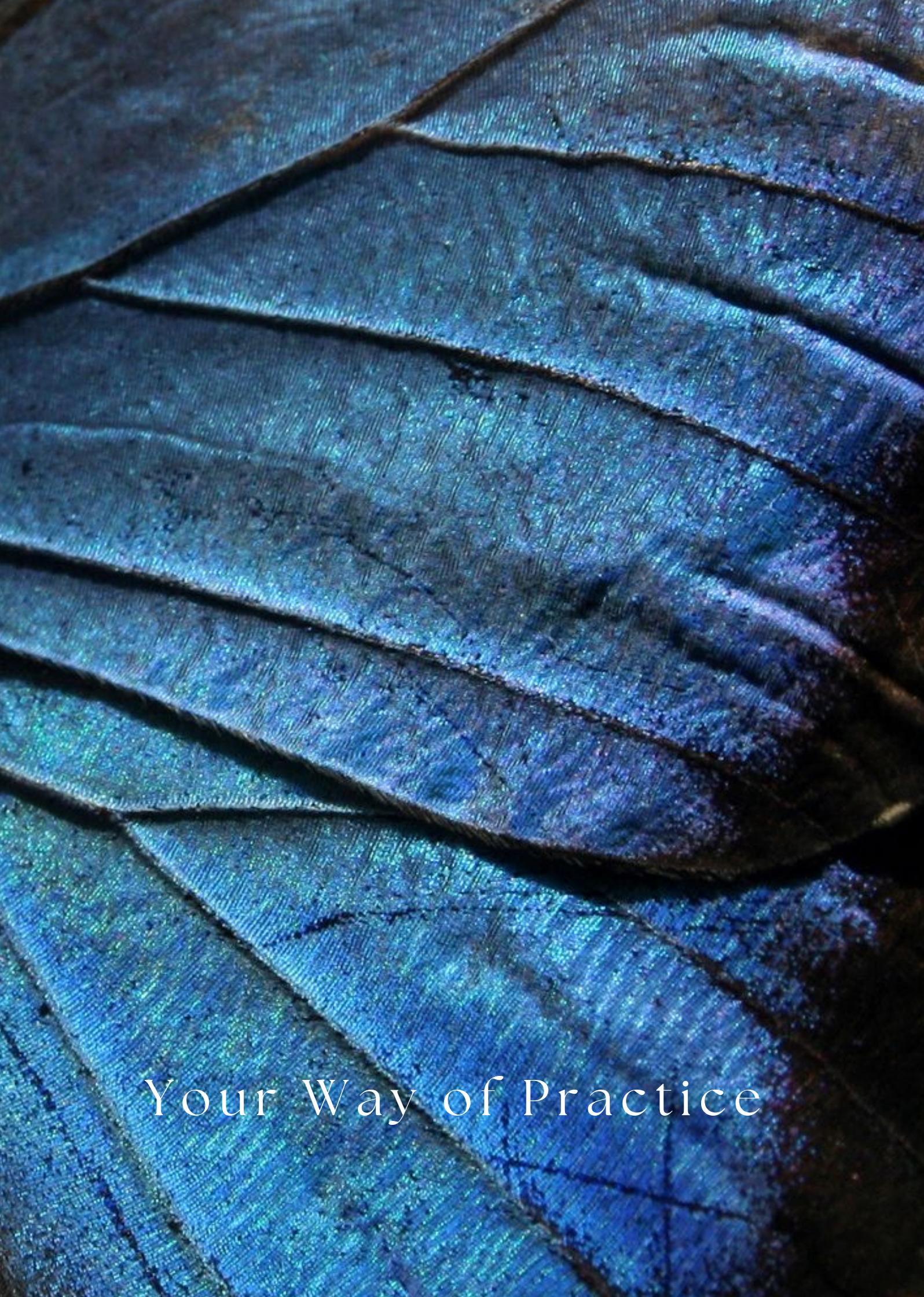
All training hours can be accredited toward the Katonah Yoga certification program and as well count as Yoga Alliance Continuing Education hours.

Please feel free to sign up directly or reach out if you have further questions.

[info@aylarealhealth.com](mailto:info@aylarealhealth.com)

[hello@renibickelyoga.com](mailto:hello@renibickelyoga.com)



A close-up photograph of a butterfly wing, showing the intricate, wavy patterns of the veins. The color is a deep, iridescent blue with some darker, almost black, areas. The texture appears fine and detailed.

Your Way of Practice