

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



Jennifer Aiksnoras

Lake Tahoe Yoga, USA

Intuition: A practice of focusing upon Manamayakosha

Join Jenay Aiksnoras, for an exploration of misalignment. Identify physical, energetic, emotional and karmic ruts in which you have become trapped. Discover imbalances in your physical body through conscious movement through Hatha Yoga Asana. Feel shifts in your energy resulting from within as well as outside of you. Reflect upon emotional blockages that limit you from experiencing the world with openness. Learn to see the habits into which you have fallen as a result of intuition, unawareness, ignorance. Learn to apply the tools of Yoga to your life, reduce the illusions created by Manamayakosha, the processing of thoughts and emotions, connect with your Intuition. Participation will include physical movement, directed breathing and guided focus.

Biography

Jennifer Aiksnoras has been teaching Yoga since 2005. She is a graduate from the Raja Hatha School of Yoga and a continues to be a dedicated student of the practice. Her teaching is influenced by the knowledge she gained through her studies in psychology and counseling as well as continued learning with teachers including Amy Pearce-Hayden, Gabriel Halpern, Elena Brower, Rod Stryker. Her personal studies also include deepening her understanding of the Pranic Body and the association between our physical and energetic selves. During her career as a School Counselor, Jenay recognized that she was offering to counsel not only for the students but also to their parents and her colleagues. She began incorporating counseling techniques into her teaching as well as during individualized practices. Over time, she developed a process called Realignment Coaching; a unique approach to Therapeutic Yoga that incorporates the 8 Limbs of Raja Yoga, the practices of Hatha Yoga and traditional counseling techniques. In addition to instructing group practices, she works 1:1 with practitioners of all ages and abilities who are managing physical injuries and recovery, healing from surgery, recovering from Traumatic Brain Injury, suffering from mental health issues and more.

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