



BEN-ESSERE OLISTICA & YOGA

ELENA COPELLO - DIPLOMA ISFIY
FEDERAZIONE ITALIANA YOGA

Brief curriculum:

Elena Copello was born in Lavagna on 10 October 1970.

She obtained a diploma in 1987 at “Santa Marta Institute in Chiavari.” She begins her studies again from 2002 to 2006 and obtains her diploma at the “Istituto Superiore Federazione Yoga in Padova, and finally becomes a yoga teacher after over 12 years of personal training experience.

Elena constantly brings herself up to date and begins to propose the yoga discipline in the year 2007 at the “ Holistic Office” in Chiavari, Via Martiri della Liberazione 80/2 b, where she continues to organize various types of yoga courses.

In the year 2010 she creates another meeting point and another yoga laboratory in Casarza Ligure. Over the last 20 years of life and yoga training experience, she has had the opportunity to meet and elaborate the yoga discipline following the teachings of different masters.

The journeys in India and the solid experiences in the different Ashrams have been fundamental.

With regards to the psychological presence which takes its reference from master Thich Nhat Hanh and where in the year 2006 she has the opportunity to follow his teachings directly from Plum village, taking part in a retreat concerning the awareness applied to daily life.

In September 2012 she takes part in a retreat which is organized by the “Essere Pace Association in Rome titled “La pace in azione” – peace in action which is carried out by Thich Nhat Hanh .

These experiences have forever changed her way of living the discipline with reference to the present moment. During her course of life such as in her yoga path, of fundamental importance was the meeting with Master Aldo in 2005 and it is exactly from his words and direct experience in the yoga hall where the indirect but incisive meeting takes place, a contemporary Master with the source of wisdom.

As yoga is the conveyance of an experience and not of an intellectual knowledge, all the Masters she has met, have known how to propose deep experiences with different methods, revealing each one, sources of reflections and interior richness, the knowledge helps, however what you transmit when you propose the discipline is the solid experience.

She is studious and a researcher, she deepens her own training with a specific yoga programme for pregnant women in the year 2009.

In these last years she becomes fascinated by the childrens’ world and decides to simplify the yoga discipline in a playful way, in order to transmit even to the infants the awareness of breathing in order to manage one’s own emotions and sensations.

From this thought the idea of “ yoga play” sets up in 2011. It is a discipline for children between the ages 4 to 10 which is proposed in the following centre “Centro di Movimento & Quietè” in Corso Dante in Chiavari.

Elena Copello has been carrying out for several years groups of participants that with time have become enthusiasts towards yoga offering them a great presence and willingness of time in the teaching of yoga in life.

The weekly proposed discipline varies but is in line with the most ancient traditions. Furthermore, every month there are in-depth meetings relative to yoga Sutra of Patanjali (see text for reference) and evenings which are dedicated to silence and to the concentration which represent moments in which with the strength and participation of the group, one tries to live experiences relative to concentration – Dyana which introduce us and lead into a meditation called Dharana state which is defined as the experience of the being.

Every year at the end of the course, Elena also proposes an end yoga seminar and for the whole month of July on a weekly basis there is also yoga at dawn on the sea shore, through which the discipline is maintained enabling the yoga group to even meet in the summer period.

How is a Yoga lesson carried out?

In yoga, as in life the direct experience is essential. Just for this reason I am always available to conduct a trial session for beginners and non beginners to discover yoga through my way of teaching.

In the first lesson, as in the basic level courses the experience will be sustained by my descriptive and detailed guide which will try to induce the participants to listen not only to the most evident physical effects but also to the deep and thinner energetic effects. With the constant discipline the ability of an introspective attention makes us keener which with time will become more and more present and deeper.

As time goes by the need to be lead into the experience with the help of my indications will always be less important and consequently less conditioning.

My intention is to accompany the participant until he/she can live such a state of freedom in order to enable him/her to follow and respect one's own time.

The people who practice will be involved by the groups' strength and at the same time they will continue to feel free to live the sequence of the positions in the yoga discipline using individual times of fulfilment.

In order to sustain this process after a long consideration regarding the method to apply, I have chosen to give an appropriate form which illustrates the discipline carried out and which varies every two weeks.

As for direct and clarifying experience I have been able to notice how only the thorough study with the repetition of the discipline can make us feel free when carrying it out, reviewing the same lesson doesn't represent a repetition but an important fulfilment.

More intense and stimulating Asanas at physical and energetic level will be compensated by Asanas which have relaxing characteristics. The mix of these experiences will create a deep, vital, constant but above all well-balanced feeling.

In the conclusive part of the sequence, when the attention will gradually be refined, the following will be suggested, Pranayama, Mantra and Meditations.

Every experience is unique, new, individual; it is difficult to find appropriate words in order to describe the states of conscience.

Yoga is a path which starts, however if the discovery of ourselves interests us, it is endless.

As guided "work" and initially superficial, we will be able to, through the constant discipline, to live our personal dimension in a deep manner. As time goes by we will always be less conditioned by the mental mechanisms always present in every instant and in a gradual way we will become completely free.

The final desire of every yoga discipline is always that of being able to live a state of global balance both energetic and psychophysical.

The Asana discipline (positions that with time become state of conscience) will be alternated by pauses of which being precious moments of attention, will allow us to absorb and feel what each Asana leaves in us.

Only in this way we will always become more aware and consequently free.

A discipline without attention, without the correct moments of interruptions isn't yoga. The participant will surely benefit from the experience and of its most evident effects on the physical side but he/she won't reach to freedom because he/she will always remain conditioned by the teacher's guidance.

A good teacher first of all welcomes then accompanies and in the end withdrawing herself/himself into silence, lets the participant go, who will spontaneously be able to express himself or herself in total freedom.

What is needed for the yoga discipline:

- Before beginning the course an individual meeting is required.
- A free trial lesson is permitted without obligation of enrolment
- You must indicate any health problems
- A self-certification and a medical certificate which is worth a year is a must. It is up to you to renew it when it expires.
- Passion, participation and punctuality is requested.
- It is important to respect the course attended and the group.
- The centre is equipped with mats, cushions and blankets which are available for all the participants. You are kindly asked to cover the mat with your own towel.
- It is useful to practice yoga with comfortable, soft clothes possibly in natural fibres on bare feet or with socks.
- It is suggested that yoga is carried out on an empty stomach and never after a meal.
- Pregnant women will be able to access to the courses after the third month. The discipline will be modified and personalized
- You are asked to speak with a low tone of voice (to whisper) and possibly avoid references with regard to work and family problems.
- Let's try to put everything we live daily to one side from the moment we step into the centre before the session.
- It is a good idea to remind ourselves "here and now"
- Mobile phones will have to be switched off and not in vibration mode.