

BETTINA PFAFF



YOGA FLOW & HOLISTIC MASTERY

E-RYT 500 | YACEP | SOCIO ORDINARIO YANI

- **Cel:** +39 338.2745302
- **Email:** bettina.yogaflow@gmail.com
- **Web:** www.jivayoga.it



Profile

Born in Wiesbaden, Germany, I was raised in an environment deeply rooted in artistic, intellectual, and spiritual growth. My journey began at age ten with Autogenic Training, followed by a life-altering discovery at age twelve: *Autobiography of a Yogi* by Paramahansa Yogananda. With over 50 years of dedicated practice and research, I remain a passionate explorer of the mind's intricacies and the beauty of the Spirit.

The "Yoga Flow" Method

I have developed **Yoga Flow**, a unique synthesis of ancient traditions and modern techniques designed to support a sincere spiritual search. By integrating Hatha, Raja, and Tibetan styles with a focus on individual anatomical uniqueness, I guide students toward a state of profound peace and psychophysical balance.

Professional Milestones & Certifications

- **1984:** Graduated as a Hatha Yoga Teacher under **Swami Kriyananda** (Ananda Yoga / Yoga Alliance); initiated into **Kriya Yoga**.
- **1995–2007:** Founded **Studio Gayatri** (Monza, Italy), leading courses in Integral Yoga, Reiki, and Holistic Sciences.
- **2004:** Achieved **Reiki Master** qualification.

- **2007:** Initiated into **Original Kriya Yoga** by Indian Master **Lahiri Shibendu**; co-founded the "Jivana" Cultural Association.
- **2008:** Received **Mantra Yoga** initiation from **Rinpoche Tashi Lama Tsering** in the Himalayas.
- **2011:** Graduated from the **Ananda Assisi European School** (Yoga Alliance & EYF); founded and served as President of **Jiva Yoga ASD**.
- **2012:** Completed Yoga & Wellbeing specialization at Hari Om Center (Milan) and underwent intensive **Vipassana** meditation training.
- **2015:** Certified as a **Lu Jong** (Tibetan Healing Yoga) teacher under **Tulku Lobsang**.
- **2018–2019:** Completed advanced **Yin Yoga** qualifications (80 hours) with Mona Abter.

Expertise & Holistic Arts

- **Specializations:** Yoga for Seniors, Maternity Yoga, Yoga for Kids, Yoga Nidra, 5 Tibetans, and Hormone Yoga.
 - **Holistic Disciplines:** Extensive study and practice in Astrology (1995), Crystal Healing (1997), and Bach Flower Remedies (1998).
 - **Spiritual Leadership:** Organizer and guide for restorative pilgrimages and spiritual travel groups worldwide.
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Philosophy

"Yoga means Unity." My path has proven that when serious disciplines are stripped of dogma and fanaticism, they lead the seeker directly to the centre of the Self. I provide my students with the most effective tools to accelerate their personal and spiritual evolution.