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I was born on February 17th in 1960 in Wiesbaden, Germany from a family whose values and roots were inspired by a keen sensitivity toward intellectual, artistic, and spiritual growth.

At age ten, I successfully completed the Autogenic Training course that provided me with excellent physical and mental relaxation techniques as well as positive thinking techniques.

At age twelve (1972), I was blessed to discover a very special book that opened a whole new world for me. *Autobiography of a Yogi* by Paramahansa Yogananda left a special imprint on my very soul and definitely affected my life forever.

No matter how early I started to be inspired by the Yogic path, I continue to feel passionate to make my soul dance with my mind and body as one entity. I get lost in the infinite Universe we live in, while the meaning of an apparent simple word like “Yoga,” seems to deepen more and more. Now, after forty years of being on the path, I feel the same enthusiasm as in the beginning of my search, always curious, always ready to explore the mind intricacies and the beauty of the Spirit.

Along my path, various Yoga Schools and Masters have inspired me with their teachings and examples.

In 1984 I graduated as Hatha Yoga Teacher with the disciple of Paramahansa Yogananda, Swami Kriyananda. The Ananda Yoga Teacher Training Course (Swami Kriyananda's Yoga Postures of Self Awareness - Hatha Yoga) is also acknowledged by the Yoga Alliance. In the same year I was also initiated to Kriya Yoga. I became familiar with breathing techniques and postures specifically intended to help soothe the stress and psychophysical imbalances people face today. I further deepened my practice with Yoga-Stretching, Yoga Nidra, Kriya Yoga, Yogoda, 5 Tibetans, Hormone Yoga, Yoga for Couples, Maternity Yoga, Yoga for Kids, and meditative techniques such as Vipassana.

In 1995, I founded Studio Gayatri in Monza, Italy. For twelve years I gave classes, courses, and seminars on Integral Yoga, Reiki, Crystals and Yoga, Raja Yoga, Bach Flower, Astrology, and more.

In 2007, I was initiated to the Original Kriya Yoga by the Indian Master Lahiri Shibendu. A great accomplishment was also to cofound “Jivana,” a cultural association with three other women in Monza, Italy. Here, **until 2012**, I gave group and individual classes and seminars on Hatha Yoga, Raja Yoga, Yoga Nidra, Maternity Yoga, Yoga for Kids, Integral Yoga Teacher Training, 5 Tibetans, Kriya Yoga, Yogoda, and Meditation.

In 2008, on the Himalaya Mountains, I received the initiation to Mantra Yoga by Rinpoche Tashi Lama Tsering.

Since 2009 I am following courses of specialization in Yoga and Wellbeing , Raja Yoga, and Yoga for Seniors, in various yogic institutions in Italy.

In 2010 I was initiated to the Integrated Amrita Meditation Technique® and its related Mantra.

In 2011, I graduated in Ananda Yoga from Ananda Assisi European School, a school acknowledged by the Yoga Alliance and the European Yoga Federation (EYF). I founded and I was the President of Jiva Yoga (an ADS - Associazione Sportiva Dilettantistica) whose mission is to provide the best of what the yogic-holistic world has to offer in terms of different schools but also practical tools to build a deep interior state of peace, to relieve, when present, a psychophysical discomfort.

In 2012, I completed a course in Yoga and Wellbeing at the Hari Om Center in Milan, Italy. I also learnt the Vipassana technique in a ten-day retreat, following a very strict rule of silence and an intense meditation routine.

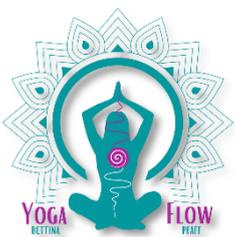
In 2015, I started to become a teacher of Lu Jong with Tulku Lobsang. Lu Jong is an ancient practice rooted in Tibetan holistic remedy that releases blockages on the physical, mental and energetic levels.

On a regular basis I organize and lead pilgrimages and travel groups to locations restorative for the body, mind, and soul.

2018 - Yin Yoga 30 Hours Training with Mona Abter

2019 - Qualification Yin Yoga 50 hours with Mona Abter

Yoga means Unity.



*In my path I had the chance to experiment the unity among various esoteric disciplines. I studied the Chakra, **Crystals (1997), Astrology (1995), Reiki (I became master in 2004), and Bach Flowers (1998).***

All the serious disciplines that keep away dogmas and fanaticisms, take the serious seekers toward the heart, toward the center of the Self, speeding up both personal and spiritual growth.

I use the most appropriate mix of disciplines and techniques to provide my students with the best possible set of tools to support their sincere Spiritual search.

*I named **Yoga Flow** as my way to Yoga, the attentive mix of disciplines and techniques I apply in my courses, all geared toward a deep and sincere Spiritual Search.*