

Bettina Pfaff

Yoga Flow · E-RYT®500 · YACEP® · Ordinary Member, YANI

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Profile

I have practised yoga since 1972, when at the age of twelve I read “Autobiography of a Yogi” by Paramhansa Yogananda. Since then I have devoted over fifty years to practice, study and teaching. I was born in Germany, in an environment where art and spirituality were part of everyday life, and at the age of ten I came across Autogenic Training, my first step into mental relaxation. Today I teach in Como, Lezzeno and online, and I train yoga teachers with Jiva Yoga Academy, which I run together with my family.

The method: Yoga Flow

I created Yoga Flow, a synthesis of ancient traditions and modern techniques: Hatha, Raja and Tibetan styles, with attention to each person’s anatomical uniqueness. Inspired by Paul Grilley’s skeletal anatomy, the practice respects the limits of every body and makes room for breath, meditation and inner research.

Training and milestones

Year	Milestone
1972	Discovery of “Autobiography of a Yogi” by Paramhansa Yogananda and first steps in yoga
1984	Diploma as a Hatha Yoga teacher with Swami Kriyananda (Ananda Yoga) and initiation into Kriya Yoga
1994	Began training yoga teachers
1995	Founded Studio Gayatri in Monza, Italy, where for 12 years I taught courses, seminars and in-depth studies in Integral Yoga, holistic sciences, Reiki Usui Shiki Ryoho, Crystal Healing, Bach Flower Remedies and Astrology
2004	Reiki Master
2007	Initiation into Original Kriya Yoga by the Indian Master Lahiri Shibendu
2007–2011	Together with three other women, founded the Jivana Cultural Association in Monza, where I taught yoga and meditation courses and

Year	Milestone
	seminars, and Integral Yoga teacher training
2008	Initiation into Mantra Yoga by Rinpoche Tashi Lama Tsering, in the Himalayas
2011	Diploma from the Ananda Assisi European School (Yoga Alliance and EYF)
2011–2019	President of Jiva Yoga a.s.d. (amateur sports association)
2012	Specialisation in Yoga and Wellbeing at the Hari Om Center in Milan and intensive Vipassana meditation training
2015	Lu Jong (Tibetan Yoga) teacher with Tulku Lobsang
2018–2019	Advanced Yin Yoga qualifications (80 hours) with Mona Abter
Today	Jiva Yoga Academy: courses, teacher training and master programmes

Qualifications

E-RYT®500, registered teacher with Yoga Alliance. YACEP®, Continuing Education Provider with Yoga Alliance. Ordinary Member of YANI, the Italian national association of teachers.

Specialisations and disciplines

- Yoga for seniors, maternity yoga, yoga for children, Yoga Nidra, the 5 Tibetans, hormone yoga.
- Reiki (Master since 2004), Astrology (since 1995), Crystal Healing (1997), Bach Flower Remedies (1998).
- Organisation and guidance of yoga holidays, pilgrimages and spiritual journeys, workshops and seminars.

Philosophy

“Yoga means Union.” When serious disciplines are free from dogma and fanaticism, they lead the seeker to the centre of the Self. I place my experience at the service of those who practise, with concrete tools for their own personal and spiritual evolution.

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Lessons in Italian, German and English.