

OLINDA LARRALDE ORTIZ

ABOUT MY CLASS

There is a magnificent instrument to experience the fullness of everything that exists: the human body.

This fullness is nothing other than pure beauty and truth, and it can only be perceived through the whole body.

Yoga understands the body as much more than it's physical form. Yoga acknowledges the energetic (starting from the breath level), mental, emotional, divine and absolute bodies as well.

In my yoga lessons we train our whole bodies to become more *receptive* to attunement. An attunement to the balance between *silence* and *expression*.

We do this through asana sequences based on what is nowadays called Vinyasa and Hatha Yoga. We integrate mild breathwork and every class includes a meditative attitude.

A reflection or insight will be spoken and explored throughout the practice. Sometimes, this reflection will be sourced out of eastern scriptures, philosophies, or one of the great spiritual masters; some other times it will be a poem, a literary fragment or a particular idea of my own.

Every class is, in any case, a playful practice of inspiration.

ABOUT ME

A mother of two boys and theater artist who acts, writes, directs and produces plays, mainly in Mexico and The Netherlands. I have explored theater since childhood and now fully realize that, as in every art, there has been yoga there all along! One good day I realized that all I have ever been doing on stage and in my writing notebook, has been praying, practicing spiritual attunement.

I thought I wanted to be more or less “normal” when I was a girl, yet truly, I’ve always been a funny, dreamy, mystical child.

My entire childhood and adult life have involved movement, art and nature. The sports I practiced intensively for a long time were swimming, gymnastics and different styles of dance. I remember a particular spontaneous realization as I stretched at the beautiful gardens of the university in Mexico City after a three-hour gymnastics training: It was an instant where my body experienced a kind of melting. It was such a short glimpse, yet so blissful! It was a little proof of the understanding that encompasses what true embodiment of awareness is.

Acquainted with yoga since the age of twelve, but a regular practitioner for the last fifteen years. I completed my 300-hour Teacher Training course at Yoga Minds almost a year ago and have been teaching ever since. I’ve found that sharing my experience of Yoga as a teacher is not only enormously enriching and joyous but it is in fact a responsibility. It is my duty to pass on the great blessing of having had a life-long access to methodologies and practices that help alignment in such an assertive way.

On January 23th of 2015, and with no conscious clue of the Guru-Student principle, I received the inconceivable gift of the life-changing encounter with my spiritual Teacher, Igor Kufayev ~ Vamadeva. I am a dedicated student of his spiritual teachings, which involve deep meditation practices and intensive exposure to the Kashmir Trika Shaiva Tantra philosophies. My yoga classes are not in any way a teaching as that which I receive from Igor, yet his teachings nourish the whole of my life as I continue to learn under his guidance in gratitude and deep reverence.

May you too find your way to the delight of your own being!