

# Yoga means "Union" "Integration"

The Sentiero dello Yoga was created to connect people to nature and to bring them closer to each other. The manifold of forms and colours that we experience in the forest can give strength and tranquility to us and may increase joy and energy in our lives.


On this trip we discover new paths and we perceive nature around us but we also learn about our own internal nature. We are directing our senses to the world outside but also inwardly at the same time. We calm down to listen to our inner self. Nature with her sounds, movements, fragrances and energies will respond. In this way the walk on the Sentiero dello Yoga will be an intense dialogue between human and nature and will bring us closer to ourselves.

The Sentiero dello Yoga is constructed as Vinyasa. Vinyasa in Sanskrit means "to place something in a particular way". Hikers on the Sentiero dello Yoga move through the forest in a specific way and they position themselves in selected places.

**1**  
*Subject: Arriving*

**OM**


Past, presence and future are going to be one. OM consists of three syllables A-U-M and is one of the oldest and most effective mantras (mana: mind / tra: purification). OM is the most ancient sound. The whole universe was created through the vibration of OM. The sound of OM purifies your mind and connects you to the surrounding nature.



**2**  
*Subject: Connecting*

**Prana: Life Energy**

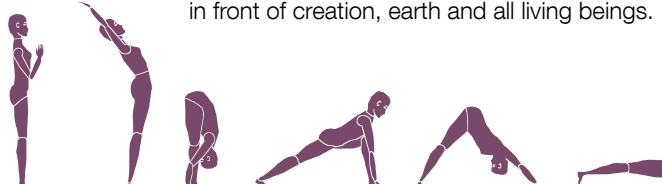
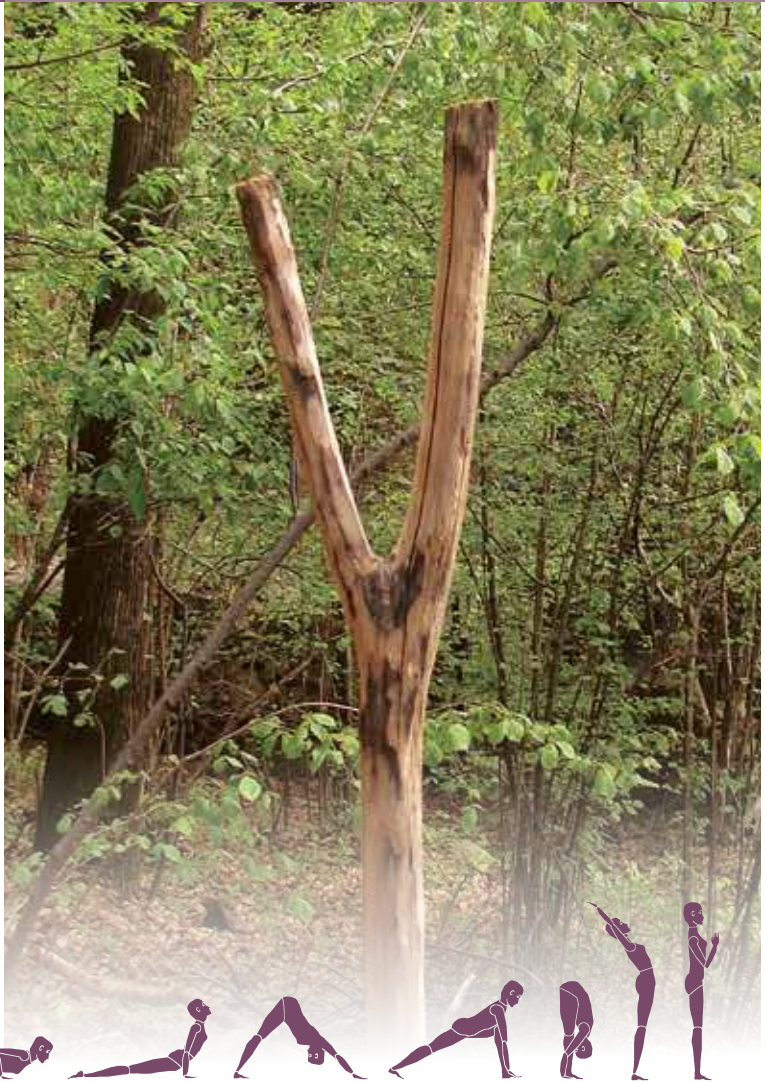
Prana is more than oxygen. It is our life force. It is the subtle matter energy that surrounds that surrounds all and is contained in everything. You may get in contact with that life giving energy through your breathing. Embrace the trunk of a tree and breath deeply and regularly. While inhaling you absorb Prana and through exhaling you return this life energy to your environment.



**3**  
*Subject: Sun*

**Surya Namaskara: Sun salutation**


In many cultures the sun is worshipped because it gives us light and warmth. In the tradition of Yoga the Salute to the Sun symbolizes the opening towards the light of realisation. Surya Namaskara has many variations and is like a prayer in motion. You prostrate in front of life, in front of creation, earth and all living beings.

**4**  
*Subject: Strength*

**Virabhadrasana II: The warrior**


This yoga position represents steadfastness, willpower, strength and courage. The warrior stands his ground steadily. He is enduring, concentrated and puts his energy into action in a controlled manner. He glances heroically forward over his outstretched hand.



**5**  
*Subject: Form*

**Trikonasana: The triangle**


In this position the body forms a triangle in the same way as body, mind and soul constitute a trinity. You have to build a strong base with your legs. This enables you to stretch out into three directions. Look above into the higher branches of the trees!



**6**  
*Subject: Balance between the inner and the outer*

**Vrksasana: The tree**

This is a posture in which your feet get rooted! At the same time you are heading to the sky above. Like in real life in this position it is difficult to find your balance. At times you succeed and on other occasions you have to struggle. Learn to accept your present condition. And should you loose your balance – don't worry! Fall, smile and try again.



7

Subject:  
Turning in



### Janu Sirsasana: Head to knee

This forward bend is relaxing. It calms your mind and nerves. The body's organs get massaged and your digestion is stimulated. You stretch the backside of your body and you find your peaceful inner space. Enjoy the peaceful home!

8

Subject:  
Reversing



### Viparita Karani: Reverse

By turning your body upside down you become revitalised and re-generated. Upside down positions improve your blood circulation, fortify your heart and enhance reproduction of body cells. What a marvellous method of rejuvenation. On top of it you can view the world from a different perspective. Is there a "right" way to look at things?

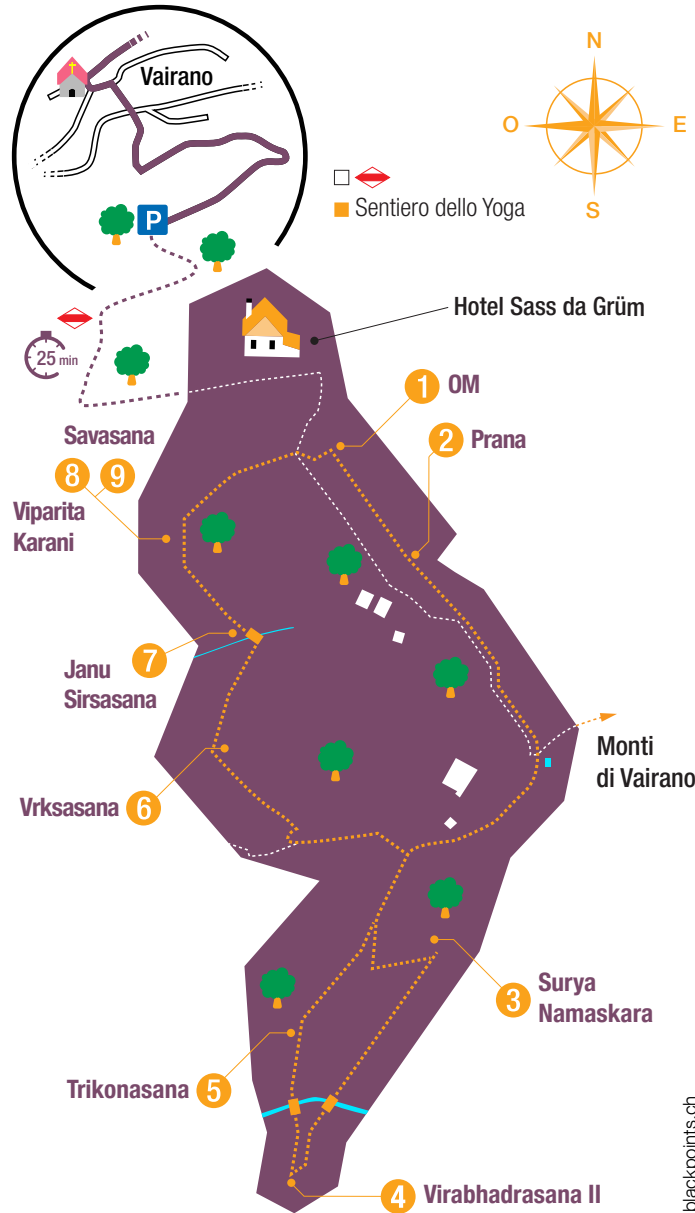
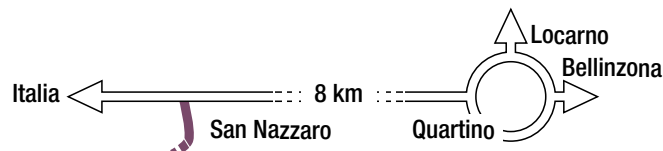
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Subject:  
Let go



### Savasana: The corpse

Finally we have one of the most important but most difficult positions: let your whole body weight sink in to the earth, let everything go, knowing that you are carried and protected by nature. Your body is completely relaxed, but your mind is awake. After rising up you feel refreshed and recreated.



Sentiero dello Yoga

Sentiero dello Yoga is sponsored by



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