

My Story

The Story of Nomadic Yogis and The Wind of Prana

As each passing moment becomes 'now', who we are now is a result of who we were before. In turn, as each present moment becomes the future, who we are becoming is influenced by where we were and where we are.

The past, the present and the future exist in the same space-time continuum. Therefore, to better understand who we are now is to look at who we were at where we came from, as this is who we truly are.

My spiritual journey begun over 30 years ago with discovery of Buddhist philosophy and its study and practice of Dharma continues. However, who I truly was (and still am) at that time, was fertile to the seed of Buddhism, so the teachings of Buddha have flourished in me since then and continue to define my life. There is also the other side of my encounter with Buddhism, as I needed it to help me to discover of who I truly am.

My practice of Dharma exposed me to the science of Yoga and Yoga also became part of my life to eventually become my lifestyle. Learning, practicing and being lived by it led to becoming a teacher of these philosophies, as they both overlap and, to me, one is the result of the other, and in support of each other, in both directions.

My spiritual transformations continued throughout the years and these in turn influenced my teachings of Yoga. I began with teaching others what Yoga is and how to practice it. From there I progressed to teaching the whole spectrum of Yoga science and ultimately to teaching others how to become an authentic teacher of Yoga.

As I continued experiencing the benefits of Yoga, its deep healing power in physical, mental and spiritual realms, I wanted to share it with as many people as I could. The challenges were many but the most difficult one was to bring it to people who needed it the most and most of these people could not afford to pay for regular classes and to travel to where my classes were. The solution to overcome this appeared to be a simple one – go to where they are and offer the classes free of charge. **This is how the concept of Nomadic Yogis was born.**

Initially, I wanted to visit different groups who would benefit from Yoga around Longmont in Colorado. One of the companies in Longmont offered sponsorship of such program for a short time and offered to pay our expenses to travel to different places in return for reports of its results. To make it work, we needed more Yoga teachers to be involved in this program and this became my next challenge. With no additional teachers, this program never started. I managed to lease spaces in different towns around Longmont and continued teaching Yoga that way for over 5 years. There was no charity on my part though, as I needed to pay for the space in each town and for driving there.

However, the light in me to offer Yoga to anyone who wanted to learn it and to practice it, free of charge, never faded. In contrary, it kept getting brighter and stronger and my desire to share this energy with others reminded me of the way the lifeforce flows through all of us, like a wind and this is when **Nomadic Yogis** got the 'wings' and became a **Wind of Prana**.

The **Wind of Prana** is not a studio, an organization or a person. It is a movement with an intention to spread the teachings of Yoga to all people especially to the ones who need it the most. It is a movement to increase people's understanding and awareness of the fact that they are responsible for the reality they live in, for their health and for health of others and of the earth, by first becoming aware of it, by pursuing it deeper and ultimately contributing to the collective power of us all.

Our Story

Our planet is being polluted by humans with pollutants in every part of our environment, water, soil and air. Pollutants are present in our blood and every cell of our body. Necessity to breath, drink and eat leaves us exposed to it in all aspects of our life affecting health of every part of our system. Our western medicine does not address the root causes of our illnesses and fights the symptoms with chemical, which contribute to degradation of our health. Luckily, alternative ways of healing are becoming more acceptable to the medical world, and in turn to the population. Thanks to ever growing number of alternative healing practitioners, a variety of healing modalities are readily available to those who seek them.

“That we create the quality of our health is a reality. Even if some people can accept that premise only as it relates to creating a common cold or tension headache, nevertheless, it is a beginning towards understanding how one's emotions affect one's body. More importantly, this acceptance is a crucial first step in shifting one's consciousness toward an understanding the interdependence of all systems of life. Indeed, the direction we are all headed in is potentially much grander than the basic recognition of personal responsibility regarding the creation of health. What we are learning in terms of creative power of our emotions and thoughts represents a fundamental shift taking place in our collective conceptual framework of reality itself, and it extends well beyond our individual lives. ... Those who are able to understand that they are in charge of their realities considerably increase their capacity to heal any illness because they can no longer be victimized by the idea that the illness occurred randomly, without just cause. They are able to understand that if they have participated in the creation of their illness, they can participate in the re-creation of their health. And ... if they create the substance that is their physical body, they also create the substance of their environment and therefore, of the whole force field of life. In other words, the teaching that “what is in one is in the whole” becomes a living, breathing truth because they have experienced it personally through re-creating the “earth” that is their body”. – Caroline Myss, “Become and Elegant Spirit”.

Yoga has many tools to create and re-create the health of different layers of our body, of five bodies of consciousness. Asanas, for the care and healing of our **physical body**, Pranayama for the care and healing of the **vital (energy) body**, mantras, for the care and healing of the **mental body**, meditation and creativity for the care and healing of the **supramental body** (body of intellect), and samadhi, or absorption into oneness, for the care and healing of the **bliss body**.

Yoga, with all its tools can be used to increase the awareness of our power to heal and to stay healthy, and by doing so, we can impact the health of others by us staying healthy and by teaching others of their power to create health. In addition, fortifying Yoga practice with other

alternative healing modalities can have a considerable impact on the health of people and of the Earth. We just need to spread the knowledge and practice of these possibilities to everyone.

Our Mission

People who live Yoga, immensely contribute to the collective consciousness with ethical life and healthier minds, bodies and spirits, thus bringing about a positive change on a larger scale. So, the more people that can be reached the bigger impact these teachings will have on health and quality of life on this planet and of this planet.

So how do we bring this and other healing practices to everyone? Yes, the original challenge of getting more teachers remains but we do not need to find them here in one location. There are millions of teachers across the globe and if we can attract some of them to commit to teach this program to the communities local to them, there would not be much travelling needed. Where there are no teachers, we can teach a member of the local community to become one.

Another challenge is to find the way to cover the expenses we would all have to be able to continue the program. A sponsor or sponsors, a fundraising effort, contributions of local communities, donations from the students who can afford it, are some of the options we could use.

The movement would provide support where needed including training the teachers, training material, assisting with classes, finding teachers in different geographic locations.

Training and teaching materials must be free to all teachers who are part of this movement. The heart of the movement, the collective, must be a non-profit organization, but it must provide financial means to its members to be able to continue.

There are many scenarios of spreading the wind of prana and I have many ideas which will need to go through the scrutiny of economics but also of what is acceptable to the general population which is so deep into the physical world of powerless, alone and lonely human beings, controlled by fear of getting sick, of poverty, of losing jobs and status quo, by fear of fear. Population which becomes more and more afraid of living in the communities and for the communities. Population which fears to open the door to a stranger, to talk to a stranger, to look at the stranger. Population of lonely spirits.

Mission:

1. Teach what Yoga truly is and remove the stigma of weirdness, worshipping of any gods and of necessity to be flexible, balanced, slim, strong, ...
2. Teach Meditation as tool to calm down, to gain self-respect, to understand Self and others better.
3. Teach benefits of Yoga and meditation.
4. Teach how to establish a regular Yoga and meditation practice at home.

5. Teach others how to teach Yoga and meditation (free of charge but with a pledge to follow the spirit of Wind of Prana movement and a commitment to teach others)
6. Teach spiritual awareness, the powers we all have and oneness
7. Teach alternative healing practices available to us all.
8. Make it all accessible to as many people as possible, regardless of their financial situation.
9. Serve based on donations from class participants and from others who'd like to support the movement. Some of the ways like 'pay forward', gift to specific people, by company contributions for teachings to their employees, fundraising, volunteers, can be used to raise the money.
10. Teach courses as fundraisers by charging a tuition or a suggested donation
11. Crowdfunding the movement.

How:

1. Retreat based teachings, where people would be certified as Yoga teachers free of charge but with a pledge to teach others in the spirit of Wind of Prana movement.
2. Provide support to teachers and practitioners.
3. Provide course materials.
4. Travel to places where there are no Yoga classes, to stay long enough to establish regular classes there and to teach a local person to become a teacher to continue the classes. Training of the local teacher would continue online.
5. Establish several retreat centers, in North America, Europe and Africa.
6. Establish small teaching cells at multiple locations (Wind of Prana studios/schools). These could be a leased space, community owned space, churches, art galleries, etc.
7. Make online courses available in support of our mission