

SANDRA TARA

interview

Tara Sandra

SANDRA is a French Swiss, fluent in English and has lived in Asia for most of the last 25 years.

Her spiritual journey started in 1989 when she first met the Dalai Lama and for a period of 6 years she had the privilege to study Buddhist philosophy and be taught meditation by renowned Tibetan Lamas in Dharamsala, and Bodhgaya in India as well as Nepal. She had the good fortune to attend powerful initiations from highly realized Tantric Masters like H.H. the Dalai Lama and Ven. Kyabje Zopa Rinpoche, Ven. Kirti Tsechep Rinpoche, Ven. Denma Locho Rinpoche, Ven. Rilbur Rinpoche.

Sandra has been teaching for more than 15 years, bringing together meditation and movement to everyone's ability.

She is influenced by the great Masters BKS Iyengar and Sivananda and introduces Vinyasa flow inspired from Sharon Gannon and David Life of the Jivamukti. All her teachings are adapted to the capabilities of the students and she is offering a safe and encouraging support to deepen everyone's level.

More: www.Tara-Yoga-Now.com

"Asanas will always be beneficial to the practitioner. But I find it sad to stop on that level only really. It is like going to the best restaurant in the world and only reading the menu without trying the food!!!"



You were born in Switzerland - the dream country of many people, but you have chosen to live in Asia. Why?

For a Yogi, the only focus is to find God (or Self realization), nothing else really matter in their life. In my journey, from a very young childhood I needed to understand "What is life about? What are we doing here? It's an urge which has never been surpassed by other distraction, of career, relationships, etc.

What does yoga mean to you?

Yoga is a path to Self realization, a complete path from beginner to full enlightenment. It is a living tradition and those who come in touch with it are extremely fortunate.

What was your path/journey into yoga?

In the mid 80s there was no Google. I read lots of books trying to find answers to my questions; the church didn't fulfill my craving either. Eventually I read Alexandra David-Neel, who was traveling in Tibet, walking or on yaks in the early 1900 and her experience resonated with me, so I came to Asia mid 80s. Eventually meeting my first Tibetan Lama in 1992, following that encounter



Workshops

Workshop I:

sunday 26th June 2016 (from 9:00 am till 4:30 pm)

- ◆ hatha yoga - meditation, pranayama, asana
- ◆ hips and shoulders openers

Workshop II:

saturday 2nd July 2016 (from 9:00 am till 4:30 pm)

- ◆ hatha yoga - meditation, pranayama, asana
- ◆ backbends and counterposes

PRICE: early bird **till 31.5. 2016**

50 EUR 1-day workshop /

90 EUR both workshops

from 1. 6. 2016

60 EUR 1-day workshop /

105 EUR both workshops

the light refreshment and lunch is included

I stayed 7 years in a community of Tibetan refugees in North India, studying Buddhist philosophy.

During that period I followed all the instructions of my teacher, step by step, doing all the preliminaries which will clear the mind, purify negativities and accumulate merits, I attended 100s of teachings of high Lamas, received initiations into different levels of Tantric practices and spend extensive periods of time in secluded meditation retreats, and receive several personal daily practices to accompany me in this life.

I came back to Asanas practices in 1999, with several intensive programs, trainings, TTC, etc. From then on, Asanas, Pranayam became also part of my daily practice.

My actual teacher encourages me to teach and share with people, so that is what I am now doing.

For a yoga teacher, yoga is a part of your daily life. How does your daily practice look like? How does your common life matches with yoga philosophy?

Well Yoga is very clear, so it is extremely easy for a beginner to find the guidelines to one's daily life, just follow Yamas and Niyamas in every action of your daily life, no matter what you do, working or not, in family or not, with friends or not, while keeping time for your Asanas and Pranayama every day, eventually one will be getting ready to start Pratyahara, and Dharana, naturally the mind will calm down, get rid of negativities and over time Dhyana will be possible, and while being patient and honestly dedicated and fully committed to one's practice as the keys, naturally Samadhi will be attained.

Yoga is more known for its asana practice in the western world, but the meditation and pranayama is left behind quite often. What is your advice for those who wish to start to practice meditation regularly?

Western world is focusing on business, not on Self realization. A Yogi is not productive to business, a Yogi doesn't consume, doesn't compare, doesn't compete. And beside that the path of a Yogi is not easy and the western world is about quick fix!

Asanas will always be beneficial to the practitioner, even if the focus is only physical, it will keep the body fit and flexible, the muscles tones, the bones young, the joints lubricated, the internal organs stimulated and balanced.

Morning yoga classes

27.6.2016 - 1.7.2016

from 6:30 am till 9:00 am

- ◆ mediation, pranayama, asana practice

Price: 10 EUR/class

Evening yoga classes

monday 27.6., wednesday 29.6.
and friday 1.7.2016

from 6:30 pm till 8:00 pm

Price: 5 EUR/class

Bookings

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But I find it sad to stop on that level only really. It is like going to the best restaurant in the world and only reading the menu without trying the food!!!

If one is really genuine in his/her quest to meditation, then just do it. At the beginning you need instructions, so yes find a reliable tradition, Vipassana or Goenka are extremely supportive in the beginning of one's introspection.

Then after your first retreat, 10 or 30 days or more, keep on sitting every day, if possible several times a day, as you understood the technique.

Do you think it is important or necessary to have your own teacher or guruji?

Little by little, everything will unfold and as it is said when the student is ready the teacher appear.

Definitely a teacher is needed, he will show you the path to follow, guide through tough times and be your light always. But there is not need to go for Guru hunting, as said above; it will come when one is ripe.

What are your future plans or yoga dream which you would like to become real?

The practice is also about acceptance and surrender. I have no plans or dreams about Yoga or about the future. I know life has a bigger plan and I can only see that it has been unfolding to perfection to bring me where I am at now, my role is to learn to flow with life without resistance.