

*Ishvara yoga center of Saint Petersburg is an association of teachers practicing and teaching yoga under the author's method of Anatoly Zenchenko.*

*Ishvara yoga is a method which allows to achieve comfort in any body position. Make friends with your own body. Make it healthy and strong. Isvara yoga allows to prevent injuries and unpleasant feelings while practicing. There is no such notion in Isvara yoga as "working pain". Asana is done through anatomically correct position of body parts, through physiologically justified work of the whole body, rather than through violence on yourself.*

*In a spiritual sense translated from Sanskrit Isvara is the Inner teacher, Spirit, Form (aspect) of God, having no outer shown form. Isvara is our spiritual origin, the divine spark that burns in all of us.*

*Ishvara yoga is a method which aims at condition when a man is united with his spiritual origin at maximum. Isvara yoga teaches to feel the most deep, most subtle component of the human being - the divine spark.*

*The method is based on unique techniques which allow a person to learn how to control his body, be in condition of maximum inner harmony and integrity.*

*Isvara yoga center will be presented at the Festival by several teachers. We will talk about the center, about Isvara yoga method, events and classes in the center. And of course, we will practice. For many, what you will hear and see during the class may become a real discovery, as it*

*once happened to us.*

*WE KEEP FROM VIOLENCE. WE DO NOT STRETCH YOUR MUSCLES, DO NOT TEAR JOINTS AND CHORDS. We teach you how to come to an agreement with your body. Show and demonstrate that any asana is a comfortable body position.*

