

Reflections on The Journey of Practice

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"Own our deepest good that we want to bring to the world."

- Michael Murphy



Skillfully presented by ITP trainers, the Spring 2017 Journey of Practice Sessions guided the attendees through an interactive process of self-discovery while providing a roadmap for accelerated personal growth.

The train left the station in mid-March and over the next three months took us on a wonderful journey that included three Wednesday night stops at the Falkirk Cultural Center.

First stop, on March 15 we looked into "Exploring Our Vision" with Max Gaenslen

Max skillfully guided our first steps on this new journey and lovingly held the space for us to look deeply within and reflect upon our life's vision. We looked for what was wanting to emerge in the

moment. We crystallized our intentions for personal growth. We discovered and explored unique paths of practice to help us achieve our personal intentions.

Our souls were calling, we were listening and we emerged more inspired, joyful and realized beings.

Second stop, May 17 we explored "Crafting Affirmations" with Charlotte Hatch and Pam Kramer

Building upon our first Journey of Practice session, we bridged from Visioning to Affirmations as a means to cultivate and explore new possibilities for expressing our life's highest purpose. We approached affirmations as a process of claiming our transformed state as it was emerging, yet knowing it to be already present in our consciousness.

We shared the space and combined our energies creating a powerful group experience - some already familiar with the work getting a chance to fine-tune their affirmations, while those new to the process having the opportunity to explore and craft affirmations for the very first time. We fully listened and lovingly helped and guided each other.

Third stop, on June 14 we explored "Engaging into Practice" with Roger Marsh and Tim Cleary

This last stop brought our journey full circle: after previously exploring our Hearts, Minds and Souls, this time we stopped to check in with our Bodies. We sat less and we moved more. We tuned into our bodies and fully inhabited them through breath and movement.

Participants were introduced to the ITP Kata, a mindful series of movements that interweave relaxation, visualization techniques and stillness meditation. We learned that Kata is portable, and it is designed for people of all ages since it can be adapted given any personal challenges on a physical or emotional basis.

It was wonderful to witness dedicated long-time practitioners alongside former practitioners joyfully excited about returning to the practice after a long time as well as people experiencing it for the very first time.