

## **Methodological practice without method - yoga by Ouvi Lifshitz**

Ouvi Lipshitz is one of Israel's leading yoga teachers. She has been instructing yoga teachers for the past ten years, and has certified 90 yoga teachers to date.

Ouvi teaches yoga practice based on organized methodological thought – without belonging to a particular school of yoga.

Every method of yoga is the result of particular human insights – and as such is limited by the founder's own awareness and individual thoughts.

But yoga – as a “tradition of freedom” – calls upon each practicing individual to form his or her own detailed perspective, and to develop a unique physical and mental practice.

Ouvi teaches organized thought in practice based on five principles, out of which one can create an infinite number of yoga sessions.

She approaches this methodology through different yoga training series based on these five principles:

1. **Asana, vinyasa** The practice of *asana*, the static positions, in preparation for *vinyasa*, or movement based on breathing exercises.
2. **Compensation** Each movement or position has a compensatory opposite. This can also be used to prepare the body for a more complex position.
3. **Variation and degrees of difficulty** Creating and forming the same position or series of positions – in different ways. This will emphasize different qualities within a position or movement series.
4. **Target position** Building a session towards assuming a particular complex position.

5. **Numbers** Forming a session around one or several freely chosen numbers, to enhance the aesthetic of the session.

Ouvi teaches her methodology in workshops of three to ten days, and in two-year instructor courses. She uses the underlying principle that you can work with the body and mind in an infinite number of ways, through an understanding of the component parts of a session. In your physical, mental, and spiritual practice (meditation) you should not be limited to someone else's understanding; rather, you should have the tools to give you the freedom to find your own way.