



## 'A Deeply-felt Authority' by Caroline

Vanda cultivated an approach to yoga that was more radical than many people realise. The essential elements were awareness, breath, gravity, the spine but there was no form, no method to follow. Her practice evolved over a period of 40 years and into her nineties she shared with a handful of students including Diane Long, Sophy Hoare and Sandra Sabatini. Through her students and their students and the publication of her book 'Awakening the Spine' this yoga has been spreading worldwide since she died in 1999.

The practice is subtle. It is an invitation to let go of all sorts of assumptions, expectations and deeply ingrained habits and tendencies, to discover a way of being that is not imposed by an outer authority but born from our own curiosity, attention and sensitivity.

As a teacher without a method to fall back upon I can only teach that which makes immediate sense. I love the challenge and experiment involved in articulating that which can only be experienced, a language that can speak directly to the body.

It is quite incredible how depth and subtlety transforms us, how empowered we can feel as we gather into the body and start to trust our very own inner listening, find ourselves able to respond to life more rooted, more resourced, connected to a deeply felt authority.