

**MIND
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Tibetan Yoga: Healing through the Pure Essence of the Elements

TSA LUNG OF THE FIVE ELEMENTS

with John Jackson

The Course

The Tibetan Yoga Tsa Lung exercises have been a secret series of practices used by yogis for thousands of years to improve their physical health and enter deep meditational states. We are very fortunate that masters in the ancient Bön lineage, the indigenous spiritual tradition of Tibet, began to share and train a few Western teachers in recent years. These simple easy movements and breathing exercises are accessible to anyone, yet have profound affects, bringing more health and energy to the body and peace to the mind. These exercises are grounded in bringing balance to the 5 Elements: Earth, Water, Fire, Wind and Space. Each of the five movements are centered on a specific chakra and essential elemental qualities.

To begin we will bring more awareness to the body, discovering where we are tense or holding pain. Using the breath, we will gradually relax the body, letting go of tension, tightness, and rigidity. We will introduce the 9 Breaths of Purification breathing technique that both releases the tensions and balances our emotions. We will use this method to begin every session each day. Over the next several sessions we will introduce five Tsa Lung movements, along with their elemental connections. The first helps relax and open the throat and energies of all the sense organs. The second helps open and relax the heart and gathers and enhances our

life force. The third exercise supports healthy digestion and feelings of warmth and vitality. The fourth exercise stimulates the energy throughout the body and is helpful for invigorating our limbs. The fifth exercise supports our kidneys and bladder and supports healthy sexual function.

Through a clear understanding of the primal elements, Earth, Water, Fire, Wind and Space, one can balance our body, emotions, thoughts, and actions, leading to a rich and peaceful relationship with ourselves, others, and our world. Through Earth we cultivate our stability and grounding. Through Water we connect to our comfort, ease, and flexibility. Through Fire we discover our creativity and energy. Through Wind we experience our freshness and lightness. Through space we discover the openness of our mind. By bringing our inner elements into harmony, bringing balance to ourselves and the world, we discover the sources of peace and joy in our lives.

This retreat in the beautiful natural setting of the Odemira will provide many opportunities and methods to directly connect to the elements in nature. You can find your peace in the hills overlooking the ocean, on the beaches and in the wonderful sunlight of Portugal. This is an opportunity to relax, renew and reconnect with the natural sources of our being.

Date:

31 July to 03 August 2021

Location:

Monte da Orada,
Odemira, SW Portugal

www.orada.eu

Cost:

From €549 Includes Accommodation, Training & Meals

Registration:

MindOnly.com/events

Contact:

hjusto@me.com

Course Outline

Times / Day 01

Check-in 2- 5 pm

Dinner
Welcome and Orientation

Times / Day 02

Session 1

Introduction to the subtle energy body. The 9 Breathings of Purification.

Session 2

Introduction to the first two tsa lung movements.

Session 3

Overview of the 5 elements. Exploration of earth and space elements.

Times / Day 03

Session 1

Introduction to the third and fourth tsa lung movements.

Session 2

Introduction to fire and wind elements.

Session 3

Introduction to the fifth tsa lung movement and the water element.

Times / Day 04

Session 1

Guided practice integrating all the movements and elements.

Session 2

Review, final questions and closing.

Checkout and Lunch



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<https://www.orada.eu>

Monte Orada

Monte Orada is an old sanctuary, a place for contemplation and connection with nature and water. It is a place to get inspired to redesign life's attitudes on Earth and manifest that awakening.

Orada was started on the vision that nature, health, sustainability are fundamental insights to Transition out of the toxicity of modern times.

We focus on organic farming, conscious nutrition, meditation and permaculture. We are space holder context, a force for innovative possibilities, new mindsets, not a guesthouse, hotel nor a restaurant.

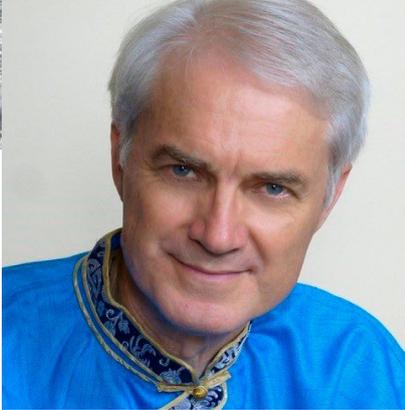
We are nestled in the heart of a nature sanctuary in the woods of Odemira, Alentejo, South West Portugal, bordering Algarve.



Food

Orada is passionate about health, nutrition and cooking. Their cookbook is considered one of the best retreat menu recipe books existing nowadays. After years and years of experience, their Chefs have refined a plant based, balanced, tasty, nutritious and healthy menu.

Consciously preparing food also means they grow most of their greens organically. However not everything is 100% organic, but we privilege local, seasonal fresh food.



John Jackson

John has been practicing a variety of methods of meditation for over 40 years, from pranayama to Tibetan dzogchen. During his studies and explorations he has traveled on pilgrimages around the world, spent lengthy periods of time in retreat in Triten Norbutse and Menri monasteries in Nepal and India, and has made pilgrimage to the most sacred mountain of Tibet, Mt. Kailash. Over the past 25 years John has developed close relationships with and received private instruction from His Holiness Lungtog Tenpai Nyima and His Eminence Yongdzin Tenzin Namdak Rinpoche, the two most senior teachers of the Bön lineage, and Tenzin Wangyal Rinpoche, the most senior Bön master in the West. He has been teaching meditation courses at Ligmincha Institute and related centers across the United States, Europe and South America since 2001, including Tibetan Dream Yoga, the Nine Ways of Bön, Integrating Meditation with Daily Life, Healing the Earth – Healing Yourself, Tsa Lung, Tibetan Sound Healing, Awakening the Luminous Mind, Connecting with the Source of Creativity, and Red Garuda. He was co-leader

for the 3 Doors Academy of Europe, an intensive three year program for gaining deep experience in the Tibetan practices of body, speech and mind. John is also a certified life coach, and creates and mentors courses on LigminchaLearning.com.

John helped establish Ligmincha Institute beginning in 1992, organizing most retreats, editing practice materials, and serving on its board of directors until 1997. At the request of Tenzin Wangyal Rinpoche in 2001, he helped establish the Chamma Ling Retreat Center of Colorado, a place of solitary retreat in the remote Sangre de Cristo mountains of Colorado, and served as director of the center for 17 years. John was also involved in the planning and initial setup of Lishu Institute, near Dheradun, India.

John lives near Charlottesville, Virginia, where he enjoys gardening, being a father, and spending time in solitude in the mountains.

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