

The power of sequence and how a 26-pose sequence healed a shattered knee.

Gabriel (Gabe Yoga) Azoulay

¹North Carolina University – Chapel Hill – BA Psychology, USA

²Institute of Integrative Nutrition – Holistic Health Coach, New York City, USA.

³Old School Medicine – Thai Massage, Chiang Mai, Thailand

Abstract

In 1963 a Yoga Champion turned Body Builder injured his knee when his spotter dropped a heavy weight on the fragile joint. In the hospital the doctors told him he would never walk right again.

Depressed and defeated Bikram Choudhury called his yoga guru, Bishnu Ghosh crying.

Bishnu Ghosh told him 'you come home, I will fix you.'

Over the course of the next 10 months Bishnu Ghosh took Bikram through a series of 26 poses.

When he could walk again, they took the same sequence to the hospital in Calcutta and proceeded to help hundreds of patients.

Bishnu then told Bikram to go to the West and 'heal their bodies.'¹

In 1995, a yoga student called Mary Jarvis was hit by a truck and left with an almost paralyzed body.

In her words:

"In January of 1995, I came back to yoga wearing a neck brace and a back brace, weighing 159 pounds, barely able to move, in incredible 24 hour chronic pain, and very depressed. I practiced this yoga every day for 2 years to avoid surgery, and demonstrated to my students that you can lose weight and heal yourself with this Bikram yoga practice. I know what it's like to practice this yoga being 40 pounds overweight, in incredible pain, barely able to move...and I know how to get out of it. There is not anything unique about me. Anyone and everyone can do what I have done." ²

Utilizing the newest science, Bikram Choudhury took

the 26 poses to Switzerland and explored their effects on the body, demonstrating how the poses were affecting muscles, organs and the nervous system.

But what about the sequence itself?

As much as the culinary science discusses the importance of certain ingredients working together, so do yoga poses have a different effect when mixed together.

In this presentation, International Yoga and Thai Massage Master Gabriel (Gabe Yoga) Azoulay shares the science behind the 26 poses and explores the power behind their relationship.

While Yoga indeed has an effect on the mind, Gabriel will share how and what the physiology of the human body undergoes when these 26 poses are practiced together.

A unique presentation as Gabriel unveils both effects of specific poses, AND their relationship together. Rarely do teachers or practitioners choose to explore the effects of a sequence of poses.

Biography:

Gabe has been practicing and teaching yoga for over 20 years. He truly believes that there is a yoga for everyone!

Throughout the years he has accumulated and attended various yoga and bodywork trainings, developed and led teacher trainings, supported, collaborated and consulted on the creation of national and international yoga studios and programs. Gabriel spent almost 2 years practicing daily with renowned Astanga teacher, Tim Miller; he lived and practiced in Mysore, India for 6 months, and taught throughout Thailand for 18 months. While in India Gabriel

studied with back bending master Vinay Kumar and led regular Astanga workshops and intensives and daily Yin yoga practices out of his home. While in Thailand he was instrumental in developing the first Hot Yoga Teacher Training for Absolute Yoga, Asia's largest yoga company.

Publications of speakers

1. <https://benefitby.com/yoga-and-life/the-birth-of-bikram-yoga/>
2. <https://afterglowhotyoga.com/testimonial/mary-jarvis/>