

HAÑSA FESTIVAL

Day 1

Saturday, 9 Jan 2021

9:00 - 10:00 | Melanie Morris | Lower Back Pain Therapeutic Practice

4 AM Singapore/ Beijing | 12 PM (Noon) Los Angeles - previous day | 9 PM Berlin - previous day

There can be many reasons behind lower back pain. For some it is an obvious injury, for others a complete mystery. In this session we will discuss patterns that contribute to lower back pain as well as explore simple therapeutic rehabilitation protocols that will help stability and support pain management.

10:15 - 11:15 | Liana Yew | Sequencing the Practice of Flow

5:15 AM Singapore/ Beijing | 1:15 PM Los Angeles - previous day | 10:15 PM Berlin - previous day

In this class we will explore general movement patterns and how we can optimise these rhythms to move our body more efficiently from the ground to eventual standing and then back down again. We will layer the learning and sequencing of our natural body movement to support a better understanding in how to approach flow yoga practices and further embody the concept of ease while transitioning.

11:30 - 12:30 | Vincent Bolletta | Shadow Practice

6:30 AM Singapore/ Beijing | 2:30 PM Los Angeles - previous day | 11:30 PM Berlin - previous day

Hansa Shadow Practice is a movement process that encourages softness as a way to experience ourselves and the space around us. It expands the concepts of spirals from a general macro setting to an internal rhythmical experience that emphasises and embodies the internal rhythms of the Yang form. Hansa Shadow practice is a choreographic sequence that will be taught in stages to enhance connection and learning.

12:45 - 13:45 | Vincent Bolletta | Therapeutic Lecture - The Pelvic Puzzle

7:45 AM Singapore/ Beijing | 3:45 PM Los Angeles - previous day | 00:45 AM Berlin

In this therapy lecture, Vincent will take participants through a series of concepts that will integrate and clarify our understanding of the mysterious pelvis. Participants will learn practical hands on techniques and specific exercises to re-establish both a nurturing and intimate connection to the pelvis.

14:00 - 15:00 | Meta Vashti | Developmental Patterns through Seed Practices

9 AM Singapore/ Beijing | 5 PM Los Angeles - previous day | 2 AM Berlin

To understand movement, we're going to strip it back to the foundational movement developmental patterns. In this session, we'll use Hañsa seed practices to help us understand our restrictions and tendencies and use this understanding to begin creating better integration in our body.

15:15 - 16:15 | Cecilia Li | Functional Touch Points for Self Care - lower back & hip

10:15 AM Singapore/ Beijing | 6:15 PM Los Angeles - previous day | 3:15 AM Berlin

Hañsa Functional Touch is a very unique bodywork technique which sets up new strategies for our movement. In this class we are going to learn Hañsa FT Points to alleviate the pain and discomfort around our lower back & hip area. We are also going to learn how to apply the FT techniques in our daily life and yoga practice by ourself. The reason why we are suffering pain and discomfort here and there is because we are still carrying some habits which are not relevant anymore. By learning and practicing Hañsa FT techniques we can also be more observant in what those habits are, so we can change the habits and set up new movement for a better function.

16:30 - 17:30 | Jay Garman | Movement and Meditation - The progression from gross to subtle

11:30 AM Singapore/ Beijing | 7:30 PM Los Angeles - previous day | 4:30 AM Berlin

The reason the movement practices of yoga were developed in the first place was to help people meditate. Hañsa is a great way to nurture ease in your body, calm your energies, and set you up to sit comfortably for a long time. In this class, we will progress from gross to subtle, combining 30 minutes of basic Hañsa Flow movement with 30 minutes of guided meditation. Open to all levels of experience. All that's needed is a desire for stillness.

HAÑSA FESTIVAL

Day 2

Sunday, 10 Jan 2021

9:00 - 10:00 | Melanie Morris | Introduction to Hañsa Flow

4 AM Singapore/ Beijing | 12 PM (Noon) Los Angeles - previous day | 9 PM Berlin - previous day

An introduction to Hañsa Flow for beginners. In this class, Mel will share the Hañsa Flow principles and take you through a simple sequence that starts with a seed practice on the floor then moves to hands and knees before progressing to standing to finally making our way back down to the floor. Great for you if you love movement and would like to understand more about developing strength, stability and fluidity with rhythm

10:15 - 11:15 | Liana Yew | Functional Touch in Hansa Flow

5:15 AM Singapore/ Beijing | 1:15 PM Los Angeles - previous day | 10:15 PM Berlin - previous day

In this session we will spend sometime working with and understanding Hañsa Functional self touch to cultivate a more holistic view of our body. This practice is to assist, not just better connectivity to our physical structure, but to support and aid better overall use and function to our body. This is a simple bodywork practice that can be used prior to any yoga practice or used to support the restoration of ease in stability after class.

11:30 - 12:30 | Vincent Bolletta | Leviathan Practice

6:30 AM Singapore/ Beijing | 2:30 PM Los Angeles - previous day | 11:30 PM Berlin - previous day

Leviathan Practice, creatures from the deep. A choreographic practice that takes us into the dark depths and layers of Yin. A intricate exploration of the body's inherent resistance to collapsing and Yin's subtle and delicate expressions of rebound and suspension.

12:45 - 13:45 | Jane Hardcastle | Yoga Therapy for the Hip & Pelvis

7:45 AM Singapore/ Beijing | 3:45 PM Los Angeles - previous day | 00:45 AM Berlin

A 60 min therapeutic practice experience to explore yoga therapy rehabilitation practices that can create more supportive movement & stability within the hip, sacroiliac joint & lumbar spine. The class will explore the intricacies of pelvic movement patterns & their influence on comfort, ease and stability in day to day movement, breath & asana.

14:00 - 15:00 | Meta Vashti | Head and Tail Integration through Hañsa Flow

9 AM Singapore/ Beijing | 5 PM Los Angeles - previous day | 2 AM Berlin

Our head and tail are significant regions of our body and they influence each other. When the head moves, the tail moves. The coordination and integration of these two regions influence our posture as well as our movement as a whole. Through simple exercises and flow practice, we'll get to know the connection between the two and bring better coordination to our head and tail.

15:15 - 16:15 | Cecilia Li | Functional Touch Points for Self Care - Neck & Shoulder

10:15 AM Singapore/ Beijing | 6:15 PM Los Angeles - previous day | 3:15 AM Berlin

Hañsa Functional Touch is a very unique bodywork technique which sets up new strategies for our movement. In this class we are going to learn Hañsa FT Points to alleviate the pain and discomfort around our neck & shoulder regions. We are also going to learn how to apply those FT techniques in our daily life and yoga practice by ourself. The reason why we are suffering pain and discomfort here and there is because that we are still carrying some habits which are not relevant anymore. By learning and practicing Hañsa FT techniques we can also be more observant in what those habits are, therefore we can change the habits and set up new movement for a better function.

16:30 - 17:30 | Jay Garman | Hañsa Flow Elements

11:30 AM Singapore/ Beijing | 7:30 PM Los Angeles - previous day | 4:30 AM Berlin

A basic 1-hour movement class, exploring the themes of stability, midline, mobility and fluidity. Hañsa Elements is a graceful choreographed flow to help you feel connections in the body, enhance function and experience ease. Human bodies are designed to move. Let's move well.