



SANNYASI SHIVANI

YOGA TEACHER

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PROFILE

Sannyasi Shivani Howe is the founder of Ishtadev Niwas Yoga Centre in Tata Creek, British Columbia, Canada and the non-profit Living Yoga Society. She is an accomplished artist, writer, inspirational speaker and karma sannyasin yogini at the feet of her Gurus Paramahansa Satyananda Saraswati and Paramahansa Satyasangananda Saraswati, in Rikhia Ashram, India.

In 2001, Sn Shivani was challenged with a painful and 'incurable' disease and decided to take a new approach to life. This is when she discovered the ancient philosophy of Yoga. The New Zealand native not only healed her endometriosis, but brought harmony to her life and body, by unraveling the stresses of her illness from its source.

Sn Shivani has completed over a thousand hours of intensive Yoga training and is a certified E-RYT 500 Yoga teacher and teacher trainer. Her intuition and expertise are invaluable whether she is working in private sessions or speaking to large groups. She has traveled the world speaking and teaching Yogic techniques and philosophy that can be used in daily life to raise one's consciousness and quality of life.

Sn Shivani is also the co-owner operator of Ishtadev Niwas Farm where she lives and works with her husband Paramjyoti and son Narayan, and offers life changing retreats and classes. Her intention is to bring the Eastern philosophy of Yoga to the West and facilitate the beautiful awakening within Canada and to seeks from around the world. Sn Shivani's favorite pastime is playing with their 9 year old son, her greatest teacher.

AREAS of EXPERTISE

- Chakra Psychology
- Dimensional Mapping & Functional Perspective
- Karma Yoga & Ashram Life
- Karma & Dharma
- Mantra & Sadhana
- Moving prana through Asana
- Yoga Ecology
- Pranayama
- The Koshas

TEACHING & CONFERENCE EXPERIENCE

2005 –

Extensive 1-1 yoga teaching and therapy experience including experience working with individuals from a yogic perspective on issues such as post-traumatic stress, eating disorders, cancer, depression and other major life changes and/or transformations

2011 –

Founder & Head Teacher at **Ishtadev Niwas Ashram & Farm** (www.ishtadevniwas.ca) wherein yogic residencies, full immersion teacher trainings, multi-month immersions and weekend/day workshops and retreats are offered and facilitated. During such time has also completed numerous off-site trainings, public speaking and residency retreats including but not limited to:

- Whistler BC Yoga Conference (2010, 2011, 2012)
- Bodhi Tree Retreats, Calgary AB (7-month long immersions and weekend retreats)
- Workshop at Karma Teachers Studio in Vancouver BC
- Private workshops and retreats at The Brew Creek Centre, Whistler BC

2006 – 2010

Full-time teacher at Vancouver's top Yoga Studios

2016 - Creator and Head Teacher of the Ishtadev Niwas 300Hour Yoga Teacher Training and Residency

TRAINING

Over 1000 hours of specialized yogic training, Certified E-RYT 500 Yoga Alliance Certified Teacher

2003 – E-RYT 500 Hour Teacher Training with Sananda Yoga, Toronto ON (www.sananda.ca) – have taught Asana or Yoga Therapy full-time since completion of training

2004 – Specialized Yoga Therapy training

2006 – Chakra Sadhana Course, Rikhiapeeth, India

2007 – Kriya Yoga Course & Initiation, Rikhiapeeth, India

2007 – Tattwa Shuddhi Course, Rikhiapeeth, India

2008 – Initiated Karma Sanyassin

2008 – 4-day Koshas Training Retreat in Australia with Paramahansa Niranjananda Saraswati

2016 – Attendance at International Trauma Conference

2004 – 2016 – Personal 1-1 Training from Anandashakti Saraswati through Sananda Yoga

2006 - 2018 - Yearly pilgrimage to Rikhiapeeth Ashram, India for training in Karma Yoga and Ashram Life

You have to remember your purpose in life – it is not for the fulfilment of sensual life, but the fulfilment of your spiritual vision. - Swami Satyananda

WORKSHOPS & OFFERINGS

WHIRLING WONDERS - An Introduction to the Chakras



A 3-hour introduction workshop to kick-start the exploration into your energy, or pranic body. Enabling one to go deeper in yogic practice and take the wisdom of these fascinating 8 energy centers into everyday life.

Whirling Wonders is a 3-hour Introduction to the Chakras, in order to initiate an exploration journey of these wonderful wells of knowledge within oneself. The pranic body - the home the Chakras - is a vast subject primarily because each and every aspect of who one is - physically, emotionally, and mentally can be attributed to the balance or imbalance of a chakra(s) within the body.

The workshop covers the basic characteristics and functions of each chakra, including but not limited to:

- What each chakra "looks like" in its personality both in potential, balanced, and shadow properties as well as deficient and excessive states;
- What emotions and mental qualities are expressed within the frequency of each chakra;
- Which Asanas (physical yoga postures) stimulate and open each energy center; and
- Includes meditation to help one tap into the subtle energy of whirling wonders within.

CHAKRA SHUDDHI MEDITATION

Generally a 2-3 hour workshop that includes a review basic knowledge, progressing to offering the 3-step meditational technique of locating, stimulating and purifying each of the 6 main chakras and 2 main associated points.

Taking the information accumulated from the "Whirling Wonders" workshop or personal knowledge of the Chakra system, this workshop expands one's practice from using chakra awareness in Asana (yogic postures) and bringing it into your meditational practice.

In the Chakra Shuddhi Meditation Workshop (shuddhi = purification) 3 individual meditations are covered in order to start the process of locating, stimulating and purifying each chakra. These are 3 of the 5 steps needed to awaken and rise the Kundalini Shakti. The final 2 stages must be practiced with a Master or Guru as the techniques are passed down only at the time the student is ready to practice them.

Please note that in order to attend this workshop one must already have a basic knowledge and understanding of the chakra system.

CHAKRA LIFESTYLE

This is a journey off the mat, through the chakras and out into the world!

We dedicate our energy to our practice on the mat and often talk about how our practice transforms our whole life, but how does yoga really become a lifestyle? What tangible techniques can we take into our world to bridge the gap between our downward dogs and our daily life?

Through an understanding and exploration of the Chakras, Koshas, Jnandriyas (senses) and Karmendriyas (actions) we can understand how these aspects of Yoga influence us every moment. Explore how Chakras form one's personality and how they affect daily interactions with people. Learn techniques to raise your core vibration and transform the world around you through transformative thoughts and techniques.

ADVANCED CHAKRA IMMERSION

Most often we learn about the chakras on an intellectual level, however we may never have a direct experience of them.

The Chakras are portals of wisdom that connect our physical and subtle bodies. In this 7-Day Immersion (over 7 months or within 7 consecutive days), one will learn techniques that will open the understanding of these portals and enable the access to deeper treasures on one's yogic journey. Students will be guided on an embodied experience of the Chakras through Asana for the physical, Pranayama for the energy body, Mantra for the mind, Shatkarmas for purification and Chakra Psychology for yogic lifestyle. Chakra Shuddhi, a powerful tantric meditation practice which purifies the chakras, will also be taught.

Through these lotus' of light one can truly understand where they are on your path, one's strengths, weaknesses and what gifts one has to offer themselves and those around.

Note: This course is a pre requisite for The Ishtadev Niwas Yoga Teacher Training.

MANTRA - The Path to Healing, Light & Peace

For most, the yogic journey starts with Asana, but yogic life does not start, nor end with one's physical practice. Mantra provides the opportunity to deepen practice and evolve to open to a higher vibration and more subtle level of awareness.

If you seek to live with awareness on all levels and actively engage in both self-healing, as well as healing for the larger community and Mother Earth, Mantra is the next step in your journey. The practices presented in this workshop are so powerful they have the ability to purify and balance dis-ease and transform, refine and balance emotions.



THE NATURE OF KARMA – An Exploration of the Koshas to Explore the Root and Path of Transcending Patterns

We all have areas in our lives we'd like to improve on but often there is something that always seems to hold us back or trip us up. Be it challenging relationships, personal health or other blockages in moving forward, it is our *patterns*, our repeated self-sabotage, that ultimately prevent us from connecting to the deepest part of ourselves, our wholeness, our completeness, to be our best version of ourselves.

Join Shivani Howe in this 2.5-hour theory-based workshop to look at the Koshas, the layers of our embodiment from which we will learn how our experiences are cascaded perceptions of karmic patterns from archetype to mind to emotion to our physical experience or reality. Using basic chakra psychology we will trace our patterns, from root of our physical experience, back to archetypes and discover the tools through asana, pranayama and meditation to better understand and assist in our personal healing.

DIMENSIONAL MAPPING & FUNCTIONAL PERSPECTIVE

What do you get if you overlap the Koshas, Basic Chakras psychology and Numerology and add an understanding of the soul's manifestation from Purusha, to Prakriti, to Atma to the Jiv? One receives a map of the multi-dimensional nature of the soul and where the human earthly experience sits within it. Fascinating in itself, we then start to understand how our Functional Perspective creates a reality of patterns and karmas, and how to know and manifest right action so we can change the course of our lives.



THE PULSE OF LIFE – Ajapa Japa Dharana

The Pulse of Life is a great workshop for people who are wanting a deeper understanding about the process of moving from someone who practices yoga, to a Sadhak or someone who engages in Sadhana. As we go deeper into our yogic experience from practicing Asana, Pranayama and Pratyahara and into some practices of Dharana or concentration, Ajapa Japa is the key practice in preparing the mind and body for Dhyana or meditation. It enables one to tap into the pulsation of life force energy and refine the nervous system, and strengthen the mind preparing for the body for Kriyas and the awakening of Ma Kundalini.

ANTAR MOUNA MEDITATION - Embracing the Witness

Learn this powerful Tantric meditation technique of disengaging the emotional attachment and involvement of the "antics" of the mind. By becoming the witness we can start to see how our unconscious patterns and reactions guide our "reality". Through this technique we release the energy wound up in old patterns, setting us free to consciously step forward in life.

YOGA ECOLOGY

Yoga Ecology is the bridge between the Divine and nature, about learning to tune your ears to the frequencies of the soul. Yoga Ecology takes out the "middle man" by empowering and recharging the body in the reconnection and understanding that ALL life is communicating our opportunity to be our fullest potential. Numerous techniques, theories, philosophies and practices can be shared in a matter of a 3-hour workshop, a weekend or a week-long retreat. Students are sure to come away from these integrative teachings with a closer relationship with nature, themselves and ultimately the Divine.



PRANAYAMA - More Than Breathing

This workshop offers yet another opportunity to deepen your practice with the 4th Limb of Yoga, Pranayama, and understanding how these sets of practices directly relates to and affects the emotional body. Pranayama practices consist of techniques that purify and refine the subtler energies of the body.

Prana, while usually interpreted as the breath, is actually a more subtle form of energy that integrates the soul with the body and holds the body in balance. Prana is the lifeforce, the Shakti, behind our human experience. Practicing Pranayama in addition to Asana is essential to prepare for practicing meditation and experiencing the different layers of "Self." Through self-exploration, both physically and energetically this workshop will explore the pranic implications of both Asana and Pranayama, leaving one with tools to deepen practice and prevent dis-ease within the body.

SWOONING SWARA - An Introduction to the Nadis

Furthering the exploration of the pranic body, Swooning Swara explores the physic nervous system that links the Chakras - the Nadis. Come along and find out how to balance, explore and appreciate the influence the Nadis have over every aspect of one's mental and physical health.

The Nadis, variously translated as "channels", "nerves", or "veins", make up the composition of the subtle or yogic body in Tantra. Like the Chinese meridians, the Nadis constitute channels of flow of subtle vital force or Prana. The Nadis have a strong influence over the Sympathetic and Parasympathetic nervous systems in the body as they interweave with each Chakra up the spinal column and thus heavily influence and communicate how the physical and mental bodies are balanced.

Although the pranic bodies holds a system of 72,000 Nadis, they can all be balanced and harmonized by learning the intricacies of the 3 main Nadis, Ida, Pingala and Sushumna. Come and learn what daily activities are optimized by running certain Nadis, how to get out of bed on the "right side" and which flow of energy will help digestion and sleeping.

DEVELOPING A DAILY PERSONAL SADHANA

Learn to transform your inner and outer worlds through a daily personal Yoga Sadhana practice. Sadhana is simply a daily spiritual practice designed to allow oneself to turn inward and perceive life as it truly is. This spiritual practice allows for connection to the true Self, the Higher Self, which is infinite and connected to all that is Divine and pure love.

Personal Sadhana practises may encompass unique and set combinations of Mantra, Asana, Pranayama (breathing practices), Dharana (meditation), Swadhyaya (reading/studying spiritual texts), or any other practice that connects one with the higher Self.

Sadhana becomes essential in one's life – it comes from you, is for you, and becomes part of who you are. Daily practice is about transcending the Ego-Self to find clearer paths for evolutionary change. This workshop will assist all students in developing a personal Sadhana that enables the discipline required towards discovering the true Self.

SURYA NAMASKARA - A Salutation to the Sun Within (Also available for CHANDRA NAMASKARA – A Salutation to the Moon Within)



We all know what a Sun Salutations are – we practice them, but do we know why? What are the benefits? How do we optimize our experience of this ancient vinyasa? This is a 3-hour workshop that enables one to transform a Sun Salutation sequence into a blissful moving meditation.

This workshop empowers the exploration of each posture individually optimizing the Asanas for an individual's body. Students will explore the many layers of wisdom of this practice through the intricacies of breath, the Chakras and through the vibrational sound of Mantra.

This workshop balances theory, discussion and practical movement giving students and teachers alike the tools and confidence to explore one's own Being through Surya Namaskara both at home and at local yoga studios.

THE PRANA IN THE POSE - The Prana in the Pose is an exploration of the Vayus - or winds of the body, and how they are a crucial link between "doing" a posture, and "evolving" through a mandala or gesture of light using the body. When we link the Mind's focus, the awareness of Prana or energy, and the optimal alignment for each of our bodies, we can truly start to experience, absorb and calibrate our frequencies to the medicine of the pose.