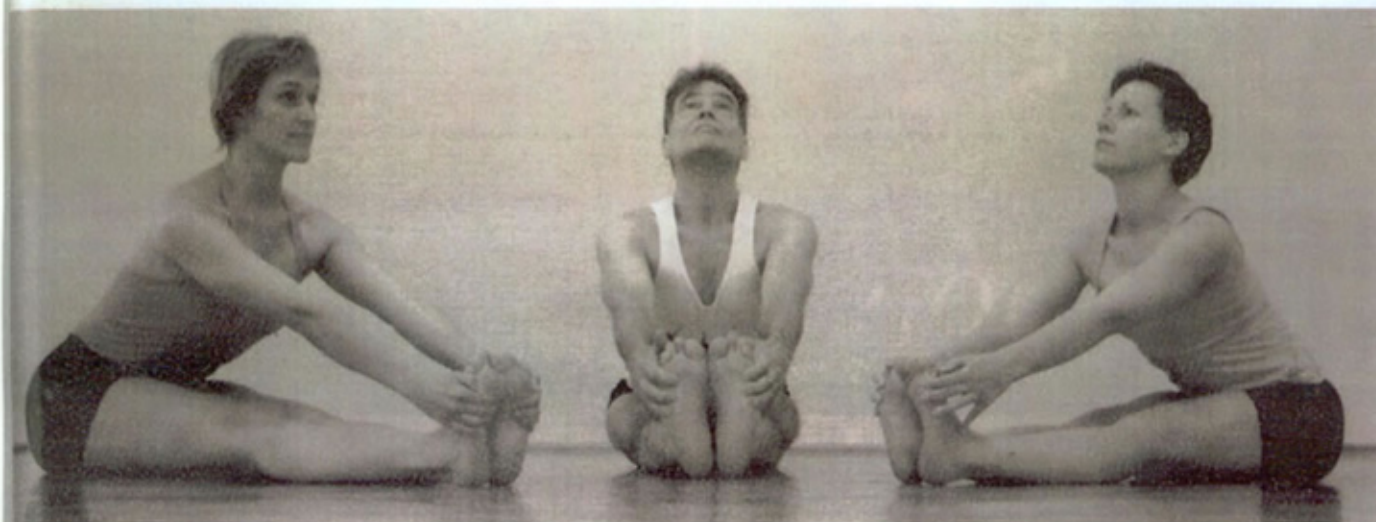


Yoga:

Profound, Intelligent, Transformative

Are you thinking about making a change but remain full of questions? If so, read Kevin Gardiner's remarkable story about jumping into the unknown in Budapest.



How did you get here?

I'm thankful for a very warm welcome which made me feel so at home and gave me the opportunity to continue my teaching of yoga in the rich tradition of *BKS Iyengar*.

It all started when I first met my wife, Erika in Dublin in 2003. Two years later and after a few months in New York, she had to return to Budapest to settle down.

During this time my circumstances changed and an unexpected windfall made it possible for me to leave New York. It has been a time of letting go of

old worn out structures and choosing to be sensitive to the unknown and to discovery, and finally to jump off Manhattan Island with a splash down into the Danube; the land of the mystics and the warriors, the Magyar and the Hun. So I continue searching to cultivate that profound quiet inner-awareness, as well as searching for useful diligent work in the world.

Do you miss New York? Do you like it here?

Yes, I do miss New York, my family and friends and the Yoga Institute I helped to build. But I'm loving Budapest which I find beautiful and complex. Buda and Pest are forever an unrequited union. At the very heart of the city, a huge liquid blade cuts it in half which brings tremendous energy to the question of separateness and isolation, integration and wholeness... as those wonderful bridges reach like fingers playing the keys of Liszt's sonatas. And then there are the thermal

waters...the broad cold Danube running heavy on top and a hot turbulence pushing up from below.

Are you here for a while?

Just recently we had the opportunity to start our own business with Monika Veres as part of the Amrita Yoga Center where we are teaching and contributing to the growing community of earnest yoga practitioners. *The Iyengar method* offers a safe, progressive and intelligent approach to the ancient art and science of yoga. My teacher once said to me "you teach what you need to understand." So, the truth of this art is that we are all students and without good students there would be no understanding.

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