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ASHTANGA YOGA SAT
"You come"

Ashtanga Yoga Sat
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TABATA TREJO

WORKSHOPS MENU



ASHTANGA YOGA SAT
"You come"

Authorized Teacher Level 2
Full Intermediate Series by Sharath Jois - SYC
Expert in injuries, pregnancy, postpartum & autoimmune diseases

Ashtanga Yoga Sat - Tabata Trejo

My Biography: from Venezuela to the world!

My name is Tabata Trejo and I was born in Venezuela. From a very young age, physical activity became part of my life and at the age of 3 I was already doing Olympic gymnastics. The intense practice of extreme sports caused me many injuries and that is exactly what brought me closer to tai chi and yoga. At the age of 18, I adopted the latter as a lifestyle and began to practice daily; so, I can say that I have been practicing yoga for more than half of my life.

My first teachers in Yogashala, Caracas, (Venezuela) were Antonio Rojas, Juan Carlos Linares, Xiana Lima, and Mariangel Romero. They inspired me to embrace the yogi life and for that, I will be eternally grateful.

At the age of 24, I went to Miami to receive my first "formal" immersion with the teacher Rosella Rosi. In Mexico, I had the privilege of being able to participate in an Ashtanga Intensive with the first teacher authorized by Pattabhi Jois in Latin America, Olivia Martínez. There I also had the opportunity to enrich my experience thanks to Michael Gannon, who gave me the opportunity to work in his team at Yogaloft, Playa del Carmen.

In 2014 I arrived in Barcelona and began to share my yoga experience in various spaces. Later, I was finally able to make my first trip to India, where I had the honor to practice with who has since become my teacher, Sharath Jois, Sharathji (guru of the Ashtanga Yoga lineage).

Philosophy, sutras, master's degree...

In India, I was also able to deepen my studies of philosophy and sutras with Jayashree, a Professor of Sanskrit and Hindu philosophy at the University of Mysore, and Arvind Pare who has been teaching Yoga Philosophy in Gokulam, Mysore since 2013.

In 2017 I felt it was time to share my knowledge in my own Shala. This is how my project was born in Barcelona, where I teach Ashtanga classes every day based on the traditional style and according to the lineage.

In these years of working on the mat, I have realized that we are all struggling daily with the pressures generated by the work environment, family, and society... and many people approach yoga with the need to feel better with their bodies and their mind.

I am totally convinced that through yoga I can help fulfill this need. This belief pushed me to learn more about body mechanics to work in a more responsible and conscious way in the adjustments and exercises that I propose in my classes.

This is how in 2019 I finished a master's degree in physiotherapy and another specialization in sports rehabilitation from the Esneca School; I am lucky to be able to apply this knowledge in a personalized way with my students every day.

An unexpected news that changed my life...

In 2020, I started to have lots of injuries, pain, and other unpleasant symptoms. After several medical examinations, the doctors gave me the news I was not expecting; I had an autoimmune disease. This disease limited me in body, mind, and soul, but my faith and trust in Ashtanga Yoga made me stronger and I did not give up. It took more than one year until I was able to get a more precise diagnosis; I had Lupus. It is a disease with a name that means weak and confused immune system, it is confused for a thousand reasons.

When I had severe physical limitations and could not do almost anything, my joy was to do at least one posture without pain. At some point, I thought that I would not return to India or to my mat or anywhere. The practice is not easy because it requires **DISCIPLINE, DETERMINATION, DEVOTION,** and **DEDICATION,** and above all not to waver in the face of likes and dislikes; but to achieve that, you need years of experience, patience, and a good teacher, a lot of humility and a big heart.

Despite all adversities, I am happy and proud to have finished the intermediate series with my teacher and receive his blessing in 2022 to continue transmitting the method of Ashtanga Yoga. I'm now an Authorized Teacher Level 2 Full Intermediate Series.

I have made 2 trips to India to practice with Saraswati and another 5 trips to Mysore to practice with Sharath Jois. I also participated in 7 workshops in Europe with my teacher Sharath Jois, in Stockholm, Copenhagen, and Madrid.

A miracle in my life happened in 2023

Before being diagnosed with Lupus, I had a baby loss for a little over 3 months and then 5 years of infertility.

The treatments for arthritis caused by lupus are chemotherapy so I couldn't even try to get pregnant and there was a ticking time bomb, my age, this led us to science and we froze our embryos for when I was better off trying a transfer.

In 2022 I decided to stop the toxic medication (chemo) and to the doctors' surprise, I had no breakouts so I felt fine and they no longer gave me that medication. On my birthday in 2023, for a health reason, I went to the doctor and at that moment we found out that I was pregnant, spontaneous pregnancy, without transfer, without looking for what day I ovulated or anything and I was over 40.

It was a very delicate pregnancy in which I had to spend many days in the emergency room since everything that happened in my process required extra vigilance. I did not have a pregnancy like a completely healthy 20-year-old woman would, but with all the care and renunciation from my ego, my daily routine, my strong yoga practice, my deepest attachments, and accepting the things I didn't like as part of life (because it is inevitable and living in a bubble hurts us, weakens us and it hurts deeply), Leandro, my son was born healthy in March 2024. It was a miracle in my life.

My path continues, my daily practice continues, my effort to attend the Sharathji workshops will continue, and my trips to India will continue. I am committed to sharing with whoever wants what I love and is my passion: yoga.

Warm regards,

Tabata Trejo

Authorized Teacher Level 2 Full Intermediate Series by Sharath Jois - SYC

Workshops

CONDITIONS|PRICING & FEES:

- 70% (instructor) - 30% (the studio holding and organizing the event) split after deducting my basic expenses (travel and accommodation).
- All workshops have a duration of 2 hours, except for the Introduction to Mysore Style as we have 1h15m of theory and 1h15m of practice.



ASHTANGA YOGA BREAKDOWN – 2H

The first section of the primary series, Yoga Chikitsa (Therapeutic Yoga), heals the body, the temple of the soul; It helps us to cleanse and purify the organs. This series prevents the accumulation of toxins to keep us disease-free and helps release patterns or tendencies accumulated throughout our lives. This workshop is an opportunity to look at the postures of the first series, experience them, adjust them to our bodies and be able to delve into this wonderful method.



INTRODUCTION TO MYSORE STYLE – 2H30

What is Mysore? Do I need to have a minimum level to start practicing Mysore? I have injuries can I do Mysore?

Why do you need to practice Mysore to advance in postures? Why can't you start taking guided classes? How many times do I have to practice per week? Why is it important to have a teacher by my side? Can I practice alone at home? The Eight Steps of Patanjali Yoga(*), Tristhana and Vinyasa, Sanskrit numbers up to 20.



JUMP THROUGH & JUMP BACK: WORKING WITH BANDHAS – 2H

Jumping through and back while maintaining the correct breathing in the transitions between the postures, the floating in the sun salutations, and the balance postures on arms, among many others, are the most challenging but also transforming experiences in yoga. We will focus on giving you the solid foundations to be able to take off your flight and add valuable techniques to your regular yoga practice.



OPEN YOUR HIPS – 2H

Work on opening your hips and begin to understand your hips rotations and how your pelvis can go forwards and backwards helping your postures to have a solid base so you can go deep where you feel you are still working. Everybody is different and sometimes it is difficult to understand where the work is or from, where we rotate the parts of our body that rotate. Many times we hurt ourselves because we don't use our muscles and we compensate with the flexibility of our joints, and this is the most harmful thing for the practice, for the body in general.



THE JOURNEY OF INVERSION POSES IN ASHTANGA YOGA – 2H

This workshop is designed to strengthen our core and make us more agile in our yoga practice. We will learn a little about how to use the bandhas or energetic parts of our body. It will also help you to connect deeper with your inner self, since you will be able to flow better in your practice and be able to focus more on yourself.



TWIST BUT NOT SHOUT! – 2H

Twists are very important postures for our digestive system and the health of our spine. They help us eliminate toxins through the bloodstream, cleaning our bodies. It also makes our body more flexible, strong, and mobile, thus preventing back pain and shortening of the vertebrae of the spine. It is important to do these twists well so that they do not cause an effect contrary to health and well-being. This workshop is designed to delve into those twists that sometimes cost us so much in practice.



DRILLS TO STRENGTH YOU ASHTANGA YOGA PRACTICE – 2H

Drills to build the correct alignment of Ashtanga Yoga postures and apply the strength and flexibility that each posture requires.



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MYTHS OF PRACTICE AND PREGNANCY – 2H

This workshop aims to show to women that pregnancy is wonderful and does not limit them, it simply changes their perception of things as well as that of their own body. We will also look for the infinite space that we have inside to give space to that being that is forming in a part of us. Adjustments of the postures of the first series of Ashtanga Yoga, visualization techniques to feel the presence of that absolute connection that women have from day 1 with their babies.



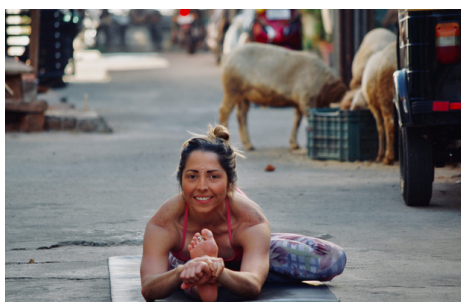
ASHTANGA YOGA: POSTPARTUM RECOVERY – 2H

This workshop is dedicated to discussing the recovery of women's bodies after having brought their babies into the world. One curious thing to know is that the first three months are very similar to the last 3, so it is important to take it into account when practicing Ashtanga Yoga. I want to accompany you with all the love in this beautiful stage of your life.



ASHTANGA YOGA HEALING: AUTOIMMUNE DISEASES – 2H

In this talk, I will explain how I found out about my autoimmune condition and how I have managed it so far with practice and my devotion. You will learn how it is possible to recover through myofascial work in yoga practice, correct biomechanics in yoga postures, and correct applications of body actions for each group of yoga postures. Extra tips: alternative therapies that support injury recovery + yoga.



HOW TO DEAL WITH INJURIES WHEN PRACTICING ASHTANGA YOGA – 2H

Learn how to practice with injuries or limitations in your body, such as chronic diseases, physical limitations, or injuries due to wear and tear or accident. In addition, with this knowledge, you will be able to help people prevent future injuries due to repeated bad actions of the body over time. Advance in your yoga practice in a healthy, safe and mindful way.



BACKBENDS & NADI SHODANA, THE ASHTANGA YOGA INTERMEDIATE SERIES

The intermediate series focuses on the work of the nervous system. Nadi Sodhana means cleansing the energy channels of the body and balancing the energy. That is why this series focuses on **extensions** and maintaining the **flexibility of the spine**, in addition, it works to open the energy channels that allow Prana to flow throughout our body. This workshop is focused on the introduction to this powerful series, on its benefits, but above all on the correct techniques to be able to do the postures and obtain their benefits.

Thanks

for trusting my work!

Please click the links bellow to get more information



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namaste*