

TULAYOGA

What is Tulayoga

The name Tulayoga comes from the Sanskrit language and is a combination of the words 'balance' and 'union'. This cutting edge technique combines the ancient wisdom of yoga with today's knowledge of mindfulness and movement.

The aim of Tulayoga is to release you from being the one who does the yoga and allows you to be in a completely receptive and released state. It draws your senses inwards, back into your body, releasing tension from the muscular system, clearing stuck energy, releasing emotions and returning you into deep connection with your body and the present moment in an elevated and tranquil state of consciousness.

History of Tulayoga

Founded in Barcelona 14 years ago, Louka Leppard drew upon his knowledge and experience of massage, combined this with his passion for yoga and meditation, and developed the therapies now known as Tulayoga and Tulamassage.

Inspired by the teachings and mentoring from psycho-corporeal therapist, Marie Lise Labonte, Louka set about creating a unique one-to-one treatment with the aim of releasing blocked emotion and trauma from the body, allowing it to naturally realigning in an open and free state. The treatment consists of 1hour 30minutes of deep tension releasing massage with oils followed by 30mins of supported, inverted yoga poses.



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How do you experience Tulayoga?

Tulayoga is a one-on-one treatment you receive, given by a skilled practitioner in a safe and quiet space. You need no previous experience, you are not working towards ideal postures and there is nothing to achieve. You come to relax and let go, much as you would for a normal massage.

A treatment begins with Tulamassage, a rhythmic, deep and flowing, floor based massage that follows and honours the natural pathways of the body. The practitioner massages the body in time with music in a choreography that releases local points of tension. The release of this built up tension, stored deep within the muscle helps your body to return to a natural and vibrant symmetry. During this time the body begins to relax deeply and you enter into a trusting state of understanding and connection with yourself and the practitioner. The massage usually lasts around 1hr 30minutes.

Following the massage you dress in light clothing, while remaining in a calm state of mind. You are then gently lifted into the air, safely balanced on the hands and feet of the practitioner and guided through a series of supported postures that flow smoothly from one directly into another, creating an elegant meditation through movement. With each small movement you are asked to breathe deeply into the posture and into certain areas of the body which maybe holding tension.

You breathe and relax even more as the practitioner takes you through an effortless dialogue with gravity in which your body can open and naturally align through its own weight and in its own time. The practitioner composes a unique flow of postures for you from a complete set of 22.

Each posture adjusts to your particular body type and flexibility, respecting any personal limitations without forcing, encouraging a pleasurable and natural release. Each posture has a specific action on the body and together they harmonise the endocrine and nervous systems, lower the heart rate and blood pressure, release accumulated tension throughout the body, lengthen the spine, increase mobility and encourage a gentle and natural alignment.

Floating with your eyes closed, without external reference, being held, balanced and moved through space, you are freed of responsibility, of your sense of direction, dimension and notion of time. This brings you into contact and deeper connection with the sensations and feelings at the core of your body.

Your mind slowly descends into progressively deeper conscious awareness until both you and the practitioner enter a calm, centred and lucid state of consciousness. Tulayoga is a profoundly transformative way of releasing mental, emotional and physical tension and for many people it is a unique and timeless experience.



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The benefits of Tulayoga

Some of the benefits of deep tissue massage and inversion techniques used within Tulayoga can include:

- Increased mobility and a gentle, realignment of the spine
- Opening of the psoas and release of tension in the pelvis, lumbar region, abdomen and chest
- Release of neck, shoulder and facial tension
- Increase in breathing capacity
- Decrease in blood pressure
- Reduction of depression and stress
- Release of emotional blockages and trauma

Tulayoga is the creation of Louka Leppard, who now trains practitioners in Europe, Bali and the UK. He studied alongside Janet Jeffreys, a pioneer in deep tissue and trigger point massage therapy. Further inspired by Benjamin Marantz and Paul Terrell, he began developing and expanding on the idea and practice of supported aerial postures. He then began working alongside the psycho-corporeal therapist and author Marie Lise Labonte, and for the following 4 years he gave treatments to her students at personal development workshops in Belgium, France, Switzerland and Canada. During this time he continued to develop his awareness of how the emotions, thoughts, and body react sympathetically and reflect one another.



LOUKA LEPPARD

LOUKA RESIDES IN BERLIN AND WORKS IN LONDON, PARIS AND GENEVA THROUGHOUT THE YEAR, GIVING TREATMENTS AT THE LIGHT CENTRE MORGATE AND OFFERS WORKSHOPS AND TRAININGS OF TULAMASSAGE & TULAYOGA WORLDWIDE. FOR MORE INFORMATION ABOUT HIS WORK PLEASE VISIT TULAYOGA.COM

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