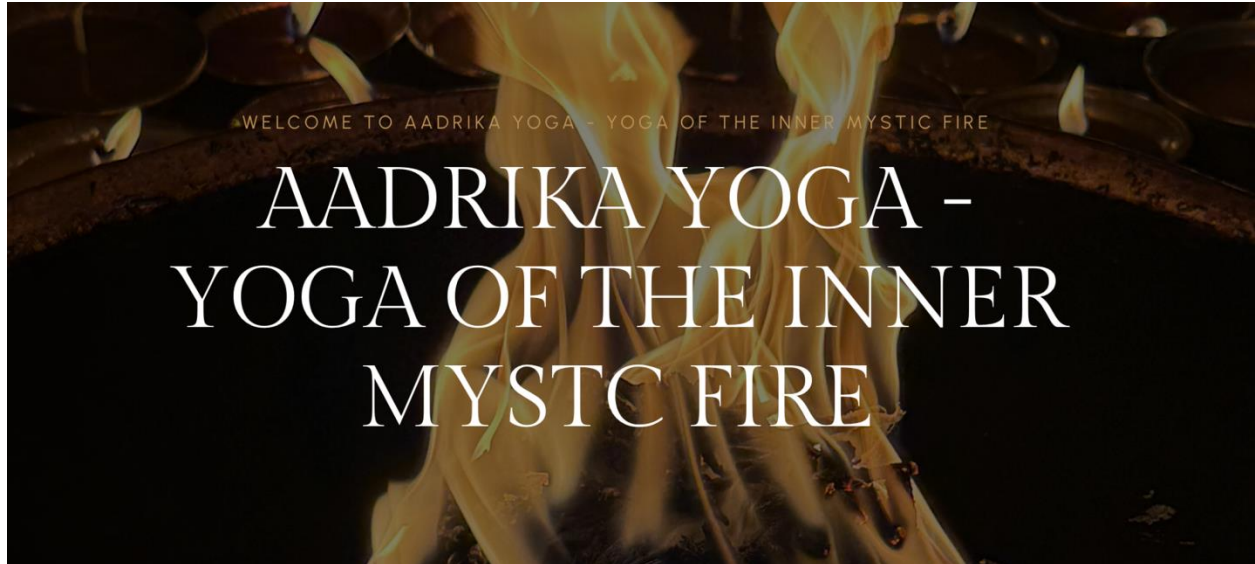
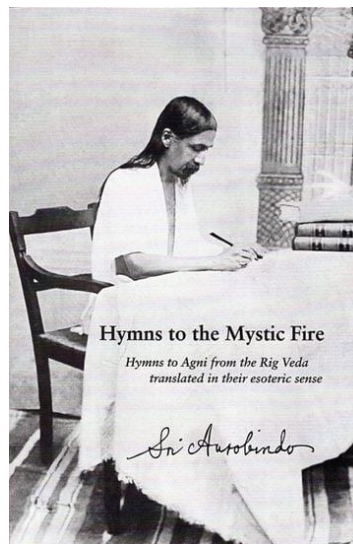


YOGA OF THE INNER FIRE



Yoga of Inner Fire originates from the Rig Vedic Hymns translated by Sri Aurobindo in his English translation of the book entitled "Hymns to the Mystic Fire".



About Inner Fire Yoga

Life today pulls you in many directions. Thoughts, emotions, responsibilities... often all at once.

This practice doesn't ask you to escape that.
It gives you a way to move *through it*.

Inner Fire Yoga is based on a simple but powerful principle...the breath.

Through conscious breathing in the heart center, an inner fire is gradually kindled, not imagined, but perceptible and felt.



This is not a practice that belongs only to retreats or special places. It is designed to walk with you into your real life.

The purpose is simple... to bring awareness into everything you do... while eating, moving, speaking, living.

Over time, the practice is no longer something separate. It becomes part of how you exist.

Because it is based on the breath, it is always available. You don't need a studio, a ritual space, or perfect conditions. You are already breathing... so you can return to it anytime, anywhere.

Inner Fire Yoga is a sadhana designed to open you to the natural flow of Shakti within.

Inner Fire Yoga and Nature: A Connection Between Inner Awareness and the Living Landscape



The Inner Fire Yoga practice unfolds in two interconnected layers.

The first is the **inner practice**—breath, movement, visualization, and heart-centered awareness. Through this, you begin to sense the inner fire within, becoming more aware of energy, thought, and emotion as they arise and move.

The second is the **nature component**, where this inner awareness is brought into direct relationship with the natural world. Practicing in forests, grasslands, and sacred Himalayan landscapes allows the body and mind to synchronize with a larger rhythm. The stillness of the mountains, the openness of the sky, and the living presence of nature become part of the practice itself.

In pilgrimage settings, the environment is not just a backdrop but an active participant. Walking, breathing, and being present in these spaces helps deepen sensitivity, grounding, and clarity. The inner fire becomes easier to feel when the outer world reflects spaciousness and simplicity.

Together, these two components create a continuous experience where inner practice and outer nature support each other. What begins as a guided practice gradually becomes something lived carried into movement, into stillness, and into the way one experiences the world.

Nepal's sacred landscape offers a powerful setting for Inner Fire Yoga because of its deep stillness, natural beauty, and long association with yogic traditions.

These mountains are part of the greater Himalayan region where ancient rishis and sages are believed to have lived and where Vedic and yogic insights were developed in close connection with nature. The silence, simplicity, and raw presence of the landscape naturally support inward focus, making it an ideal environment to experience breath, awareness, and inner Shakti more deeply.

SHAKTI



Shakti is the energy that makes life move, grow, and express itself... the invisible current behind your breath, your thoughts, your emotions, and your creativity.

It is what allows your body to function without effort, your mind to generate ideas, your heart to feel, and your awareness to experience. Every action, every sensation, every shift within you is carried by this subtle force.

It is not something you create or control. It is already flowing—continuously moving through your body and mind, shaping how you feel in each moment.

When this energy flows freely, you feel alive, clear, and connected. When it is blocked or scattered, you may feel heavy, distracted, or disconnected. In essence, Shakti is life in motion within you.

SHAKTI & WOMANHOOD



In ancient texts like the Rig Veda, nature and womanhood are described as expressions of the same force. This force is often referred to as *Shakti*... the living energy behind all movement, feeling, and creation.

In the Vedic mountain culture of Nepal, Shakti is understood as the living, creative force of nature itself... the same energy that moves rivers, grows forests, and breathes life into all beings. It is not separate from the land, but expressed through it.

Within this worldview, womanhood is seen as one of the purest human expressions of Shakti. The feminine is associated with qualities of receptivity, intuition, nurturing, and creative power... not as a role, but as a natural embodiment of this life force.

In the presence of the Himalayas, where ancient rishis and sadhus lived in close relationship with nature, this understanding was not theoretical. It was experiential. The mountains were seen as still,

grounded consciousness, while Shakti was the dynamic movement within and through that stillness. Womanhood, in this context, reflects that dynamic aspect of life... the ability to feel, to create, to transform, and to sustain.

Stories and traditions from Vedic and Himalayan lineages often honor the feminine as the carrier of energy, the source of fertility, devotion, and inner power. Temples, rituals, and practices were designed with this understanding, recognizing Shakti as the force that animates both the outer world and inner experience.

In this way, womanhood is not viewed as separate from Shakti, but as a direct and living expression of it within human form... a presence through which life feels, moves, and becomes aware of itself

Where Form Becomes Sacred: Shakti & Woman worship n Nepal's Natural Landscapes



Across the Himalayan landscape of Nepal, when a hill, valley, or formation resembles aspects of the feminine body such as breasts, hips, womb, the yoni, it is often worshipped as sacred because it reflects the presence of Shakti, the creative force of life.

These landscapes resemble natural symbols of creation, nourishment, and origin. The breast represents sustenance and nurturing, the hips represent stability and grounding, and the yoni or womb symbolizes the source from which life emerges. Together, they point to the same underlying principle: the generative power of nature itself.

Such landscapes are approached with reverence because they evoke a direct recognition of this life force within the environment. Over time, places that inspire a strong sense of presence, awe, or connection become associated with spiritual significance. Pilgrimage to these sites is less about the shape alone and more about entering a space where people feel closer to the essence of creation and the subtle energy that animates all things.

In this way, the land is experienced as alive and expressive. The feminine forms seen in nature serve as reminders of Shakti as both origin and continuity... the force through which life arises, is sustained, and continues to unfold.

As part of the Inner Fire Yoga journey, we will visit natural landscapes in Nepal that reflect feminine forms and are approached as sacred expressions of Shakti.



How Women Benefit from Inner Fire Yoga



Inner Fire Yoga meets women at a very real place. The quiet tension of being pulled outward for stability, approval, or emotional grounding, while something inside keeps asking for a deeper, more reliable center.

This practice turns attention away from that outer dependence and brings it back into the breath, the body, and the inner field of awareness. Not as a concept, but as something that is felt directly, moment by moment.

As this inner connection strengthens, something shifts. The need to be held together by external factors begins to soften. A sense of stability starts to arise from within... steady, self-sustaining, and quietly present.

In this process, nature becomes more than a backdrop. It becomes a mirror and a support. The same intelligence that moves through breath, body, and awareness is recognized in the natural world. In the Vedic view, the feminine and nature are expressions of the same Shakti, not separate forces.

When this is experienced, a woman is no longer orienting herself primarily through external validation. She begins to feel grounded in her own presence, supported by the living field of nature, and connected to something that does not fluctuate with relationships or circumstances.

What emerges is not withdrawal, but a different kind of strength... one that is rooted, self-referential, and quietly aligned with the natural flow of life

Seeing the Sacred: How Pilgrimage to Feminine Landscapes Awakens Self-Respect in Women



When a woman stands in spaces of Shakti sites and witnesses Nepal's long continuity of sacred womanhood worship, something begins to change in perception. One's own body is no longer seen only through modern narratives of comparison, utility, or external validation. Instead, it is reflected back through a different lens, one where similar forms in nature are regarded with respect, presence, and reverence.

This reflection can be powerful. Seeing the land honored for what resembles the feminine body creates a natural recognition that what one carries within their own body is not separate or lesser. The same

forms that exist in the landscape exist within the female body form, and both are part of the same living field of nature.

Over time, this experience can quietly reshape how a woman relates to herself. The body begins to feel less like an object to be judged and more like something inherently meaningful, aligned with the rhythms of nature. What was once external observation becomes an internal realization... that the feminine body itself is part of the sacred expression of life.

In this way, the sacred feminine pilgrimage is not just about visiting a place. It becomes a shift in how reality is perceived, where nature, body, and sacredness are no longer separate, but part of one continuous experience of Shakti

WHY NEPAL?



Nepal, especially the Annapurna Himalayas, holds a unique resonance for a practice like Inner Fire Yoga. The Annapurna region is part of the greater Himalayan range, long regarded in yogic traditions as a landscape of deep stillness and inner reflection. The towering peaks, vast silence, and raw natural environment create a setting where awareness naturally turns inward. In places like these, the outer world feels minimal, allowing the inner experience to become more vivid and present.

Within traditional understanding, the Himalayas are not only geographic formations but also spiritual landscapes where many yogic and Vedic practices were lived and explored. Ancient sages and seers are believed to have received and expressed the insights of the Vedas

in close connection with such natural environments, where simplicity and isolation supported deep states of meditation and inner inquiry.

In this context, practicing in the Annapurna region is less about adding something external and more about entering an atmosphere that aligns with the essence of the practice itself. The mountains, the silence, and the natural rhythm of the land provide a backdrop that encourages breath awareness, stillness, and receptivity.

It is this combination of historical association, natural intensity, and contemplative atmosphere that makes the Himalayas, and Annapurna in particular, a meaningful setting for connecting inner practice with outer pilgrimage

What Makes Inner Fire Yoga Practice Different



Inner Fire Yoga has been practiced for millennia by mystics as a path of inner transformation through breath, awareness, and subtle energy.

Among the most revered figures associated with this tradition is Vajrayogini, who is honored in tantric lineages as an embodiment of awakened feminine wisdom and self-realization through mastery of inner fire practices

Inner Fire Yoga stands apart because it looks back to the **root of yoga**, rather than focusing primarily on external form or performance.

While much of modern yoga emphasizes physical postures, Inner Fire Yoga draws from a more classical and Vedic orientation where the purpose of practice is inner transformation, not just physical exercise.

The emphasis is on breath, awareness, and the subtle movement of energy within.

It is inspired by the spirit of the **Rig Veda**, one of the oldest sources of yogic understanding, where knowledge was not theoretical but directly experienced and transmitted through lived practice. In these traditions,

practices were refined over generations by contemplatives and realized beings who explored consciousness through direct inner inquiry.

Figures such as **Vajrayogini**, revered in both Buddhist and Hindu traditions, represent the highest expression of awakened feminine wisdom and inner realization. Such archetypes point to a dimension of practice that goes beyond the physical body and engages with consciousness, energy, and awareness itself.

In this context, Inner Fire Yoga is not centered on achieving shapes or sequences. It works with the foundation of experience itself... breath, perception, attention, and the flow of Shakti. The practices are designed to be integrated into daily life, where transformation happens not only during practice, but in how one breathes, feels, and relates to every moment.

So rather than focusing on the outer structure alone, it returns to the source, working directly with the inner field where awareness, energy, and life itself are experienced

INNER FIRE YOGA & WOMANHOOD



Inner Fire Yoga resonates with women because it introduces a subtle inner strength that supports their natural sensitivity and depth.

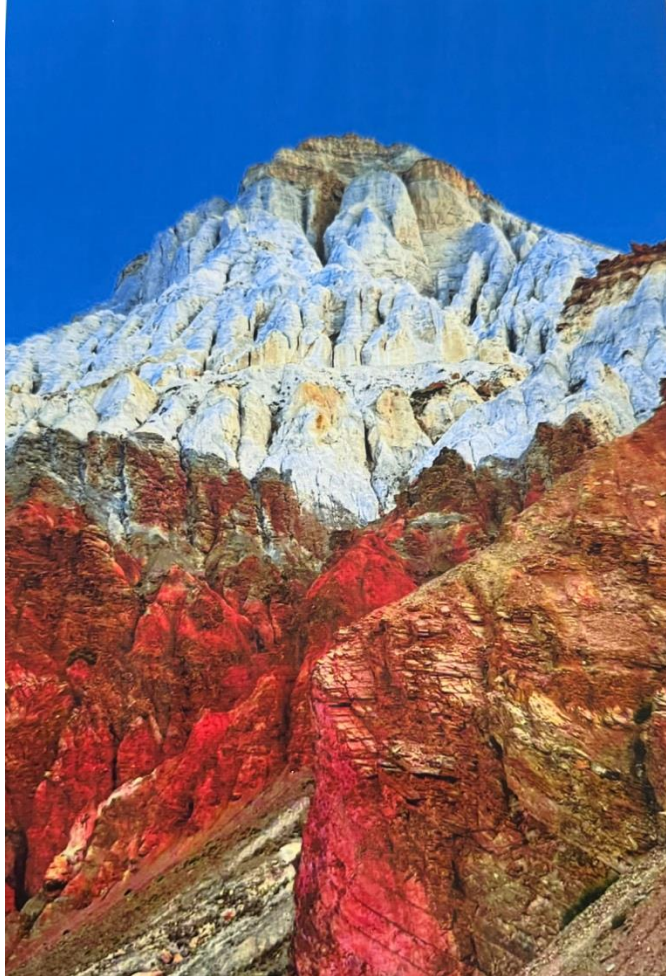
Fire, in this context, is not something external or aggressive. It is an inner principle that brings clarity, structure, and the ability to stay centered. While the feminine nature is often fluid, receptive, and expansive, the fire aspect offers a quiet axis within that allows this fluidity to be held with awareness.

When this inner fire is present, emotional and energetic experiences are no longer overwhelming or dispersed. Instead, they are witnessed, contained, and understood. This creates a sense of inner stability that does not depend on external conditions.

For many women, this balance feels grounding. The inner fire does not override the feminine qualities, but supports them—allowing intuition, sensitivity, and openness to exist alongside clarity, focus, and inner steadiness.

In this way, the practice brings together two complementary forces within one experience. The fire provides direction and presence, while the feminine nature allows depth and receptivity. Together, they create a state where awareness is both steady and alive, held within a natural inner harmony

The Practice



iNNER FIRE YOGA is a simple, structured sequence of four yoga practices.

It begins with gentle movement, allowing the body to open and release tension.

From there, something important develops... a quiet observing awareness, known in Sanskrit as *Purusha*... the part of you that can watch without getting lost.

The practices include:

- Conscious breathing
- Simple visualization
- Sound and chanting
- All done in the presence of the fire (any form of fire, candle, wood fire etc)

Each element supports the other.

You are not trying to “achieve” anything.
You are learning to notice... to feel... to stay present.

This path is experienced in two connected parts:

1. Residential Learning

The foundational practices are first learned in a supported, residential setting in Pokhara. Here you are introduced to:

- Breath awareness
- Inner fire activation through the heart center
 - Movement-based yoga practices
- Sound, visualization, and rhythmic awareness

This phase builds the inner stability and understanding needed to carry the practice into daily life.

2. Nature Integration & Pilgrimage

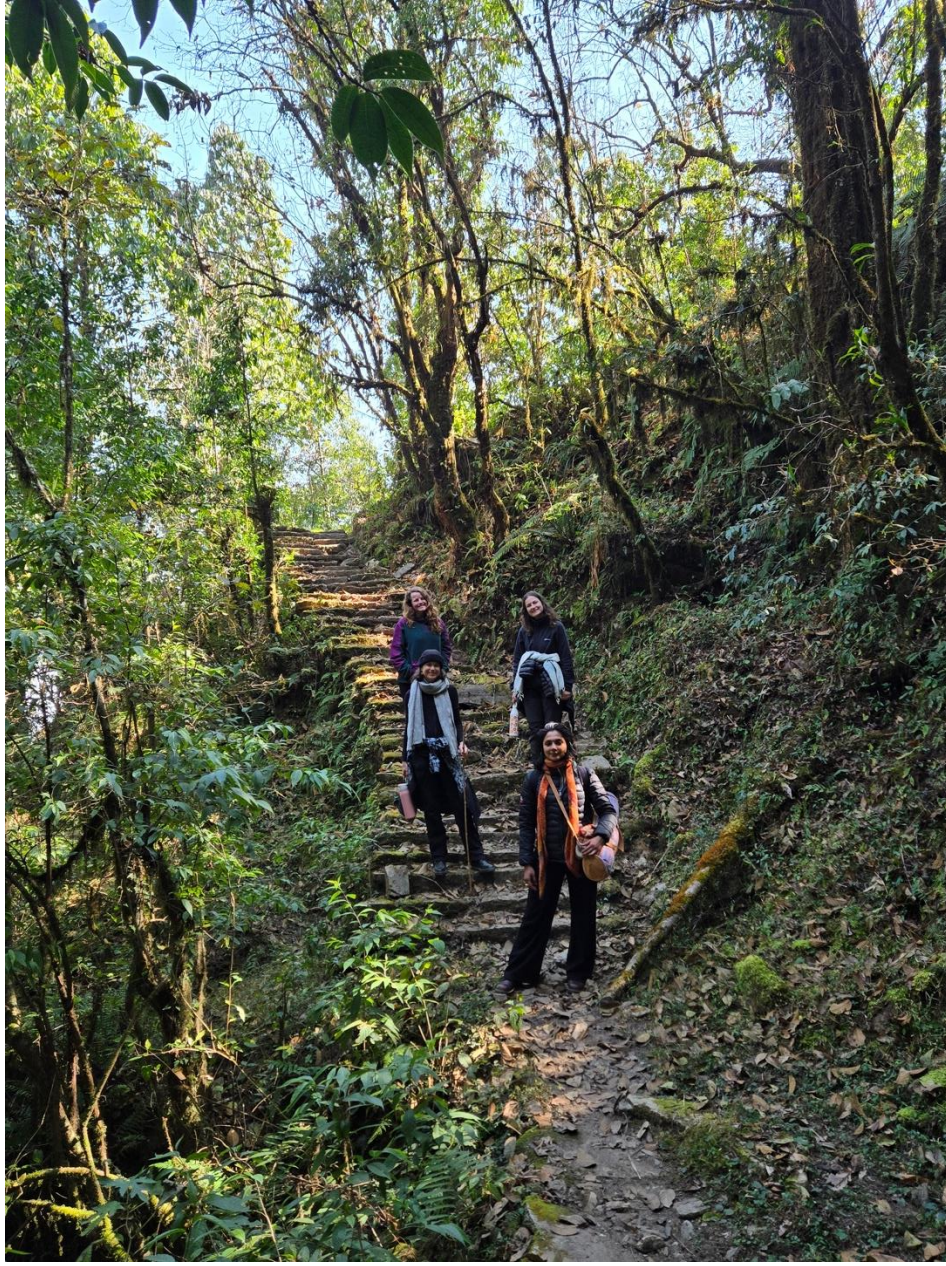
The second part of the journey takes place in nature.

Yoga is not limited to stillness... it lives in movement, breath, and awareness carried into the natural world. Through guided nature trail pilgrimages, the practice is integrated while walking, breathing, and being in sacred landscapes.

These pilgrimages may include visits to nature shrines and regions such as Panchase, where ancient rishis once meditated in deep silence.

In these spaces, the practice becomes immersive. The breath, the movement, and the environment come together as one continuous experience.

WHY NATURE



This practice is not separate from nature... it is designed to be lived within it.

Nature is not just a backdrop, but an active part of the experience. The forests, mountains, and open spaces support the deepening of awareness and help align the inner state with the outer environment.

In the Himalayan land of Nepal, these practices carry a deeper resonance. It is a region where sages once received and expressed Vedic knowledge, and where the echoes of those ancient insights still remain present in the landscape.

Practicing here is about returning to something already alive in the land and within you



About your Inner Fire Yoga instructor Shama



I was born in the Himalayan land of Nepal and grew up within a fire-worshipping tradition, where I witnessed my family tending to fire with reverence from my earliest memories.

For a long time, I carried the same inner restlessness many women experience, seeking stability and grounding from the outer world, often relying on external validation to feel centered. Through consistent Inner Fire Yoga, heart centered breath awareness, Nature based yoga practices

and feminine shakti pilgrimages, something within me began to shift. I discovered an inner steadiness that did not depend on external condition, a force that continues to move within me.

As my practice deepened, my relationship with nature also transformed. Nature has become a constant source of grounding and support, always present, unmoving, and nurturing. In this space, I began to recognize a deeper sense of connection to my own being, and a growing awareness of the sacredness within my female body, leading to a more respectful and conscious relationship with myself.

I have also experienced the power of women coming together in sacred natural spaces. In these environments, a sense of sisterhood naturally arises, creating a shared field of support, presence, and understanding. This collective experience has been deeply meaningful for me and for many others who have walked this path alongside me.

It is from this lived journey that I share these practices, inviting fellow women into a space where inner work, nature, and shared connection come together.

If you feel drawn to this path, you are welcome to join in the feminine landscapes of Nepal.

You may also begin the foundational practices with me online, from the comfort of your own space, wherever you are. Each session is guided live for 75 minutes, allowing you to gradually enter the practice and build familiarity with breath, awareness, and inner fire.

This journey opens both an inner and shared space of connection, where women walk together in practice, presence, and exploration of Shakti.

