

How to liberate yourself of bad habits

The Five Big Emotions, Mindfulness and Mudrā

This winter 2027 session begins, in fact, at the end of november 2026. It consist of seven classes (14 hours — Seven 2-hour sessions) where participants will learn simple techniques with this aim

“

The aim is not to eliminate emotion. It is to learn how to feel, identify, understand and work with emotion without immediately becoming driven by it.

The method

Using hatha (Raja and Tantra lineage) yoga and Meditation practice, participants will learn how to experience Equanimity

From mindfulness →to→ introspection →to→ equanimity

We use mudra practices as a symbolic and sacred hand gesture intended to induce a psychological attitude, energetic effect and spiritual experience, and emphasizes approaching the practice respectfully.

Where does this workshop comes from

Inspired by [Erika M. Hunter](#)'s "Five emotions" provide the framework and Bouddhist nun [Chönyi Taylor](#) "Practical guide to liberate ourselves from bad habits" provides us three central tools.

- Mad — Anger
- Scared — Fear
- Glad — Joy/Gladness
- Sad — Sorrow
- Ashamed — Shame

Interesting links

- [Your here](#)
 - This workshop is based mainly on Bouddhist Nun Chönyi Taylor. See his book on [archive.org](#)

Tantrism Meets Modern Psychology: Emotions Are Not Enemies, But Guides

Access the online documentation via our [Registred user space here](#)