Welcome

Autumn 2026 Yoga Session with Daniel — A Sacred Return to the Body

From **August 20 to November 19, 2026**, you are invited into an autumn yoga journey created for those who long to breathe more freely, move more consciously, and reconnect with the deep intelligence of the body. This session will unfold in **two seven-week cycles**, offering a steady, intimate rhythm of practice through the changing season.

This class is warmly opened to all practitioners. **No experience is necessary** — beginners are welcome exactly as they are — while experienced students will find a rich and subtle practice rooted in Hatha Yoga, Mudras, Pranayama, meditation, and inner listening.

Daniel brings **well over 1,500 hours of teaching experience**, a lifelong yoga practice, and a deep specialization in **Mudras**, trauma-sensitive yoga for people living with **PTSD**, and embodied practices for those who are ready to make a profound change in their lives. His teaching invites you to soften without collapsing, awaken without forcing, and discover that the body is not an obstacle to transformation — it is the doorway.

Come as you are. Breathe as you are. Let autumn become the season where something true, tender, and powerful begins to move again.

The classes will cover the following topics

Traditional Hatha Yoga - Concepts of Tantra Yoga -

More info about the topics here above mentioned

Mudras — gestures and embodied attitudes, practiced both inwardly and outwardly. In the mudras we explore, some practices are considered tantric in nature and draw inspiration from Kashmiri Shaivism.

> *Mudras are approached as gestures, seals, and embodied attitudes that operate both inwardly and outwardly. They are not limited to hand positions; they invite the whole body, the breath, the nervous system, and consciousness itself to participate in the practice. Through mudras, the practitioner learns to*
>
> - *refine attention*
> - *redirect energy*
> - *stabilize presence*
> - *embody a more subtle relationship between posture, intention, and inner transformation*
>
> *Within this training, certain mudra practices are explored through a tantric lens inspired by Kashmiri Shaivism. In this perspective, the body is treated as a living field of consciousness. Gesture becomes a doorway: the outer form supports an inner attitude, and the inner attitude gives meaning to the outer form.*

> *Mudra practice then becomes a way of recognizing, within one's own body and experience, the movement of awareness, energy, and devotion.*



About the Teacher

Daniel's curriculum

Click here to see - Non Profit YouTube Info

Some of his teachers

- Bob Moore, from Denmark
- Maharishi Mahesh Yogi (1977)

References

Daniel is a proud member of the Fédération francophone de yoga. Here is a reference letter talking about a yoga event he wanted to organize on June 21 2023

If you do not see the letter here bellow

Open directly the PDF here

Click here to see - Letter of reference in French

Fédération Francophone de Yoga

Ambassade Officielle du World Wide Council of Yoga

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Européenne Yoga Alliance
Canadian Yoga Alliance

A qui de droit

Nous recommandons Mr Daniel Gauthier pour son projet de cours de yoga en plein air dont le nom de l'organisme: YogaPartout-Satoshi.Yoga no. 1178655198 Il a l' appui de la Fédération (nous comptons plus de 1000 professeurs au Québec et en Europe et environ 200 à Montréal)
Voir la vidéo pour plus d'info:
https://youtu.be/71FyaZd6uHs
Plus, plus encore d'info sur:
https://yogapartout.com/Invitation

Cordialement

Swami Sai Shivananda
President of the Francophone Federation of Yoga
Life time member of the World Council of Yoga
Member of the World wide Yoga Parliament
Patanjali Award 2012

The Yoga Alliance

Diploma - RTY200

Click here to see - Memberships Yoga Alliance (English)

La fédération francophone de yoga

See their page in French at this url

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Click here to see - Membership to the world yoga federation (french)

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