

An interview with

# Mirjam Wagner

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My student and friend David Holzer interviewed me for an article in OM Yoga and Lifestyle magazine about online yoga teaching options.

Because the amount of space allowed for the article was limited, he was unable to use as much of the interview with me as he would have liked. Here it is in full.

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**D**

**Could you tell me a little about who you are and what you do?**

**M**

Well, I have moved from a well-protected life with all material needs covered to one that demands a lot of courage and initiative but fulfills me with every single cell and makes me feel alive. I have found my place and function in this world and am sharing my knowledge, passion and experiences of constant growth and healing

processes with students, patients, teachers, therapists and friends all over the world.

*My purpose is to support the Healing process from within by moving from fear to love.*

Most of the suffering in our modern world doesn't come from physical trauma. Much acute and chronic pain arises out of emotional experiences and self-destructive thought patterns. When emotions such as sadness, anger, anxiety, stress or worries are not

recognized and expressed appropriately they find a way into our body where they block our life force (Qi) and inhibit our systems from functioning properly.

The same happens with our mind: every thought is either based on fear or on love. Both of these qualities spread their energies throughout our body and can either bring great freedom and health or restriction and suffering.

All of my practices and teachings that I am passionate serve the purpose of bringing Healing from within: Yoga, Osteopathy, Chinese Medicine and the Feminine Archetypes.

**D**

**Have you taught yoga online before and, if so, what do you feel about it?**

**M**

Yes. Together with my husband David Lurey, who has been teaching online for many years, I recorded two 10-class programs offering a therapeutic approach to healthy open hips and relaxed stable shoulders for an online platform in Germany (TINT Yoga).

While recording these programs, I discovered to my surprise that I was very much at ease with being in front of a camera and talking to an imaginary audience. I also recognized an enormous opportunity to share what I teach with those who are not able to meet me in person and participate in one of my courses.

**D**

**Could you share your vision of what you are offering?**

**M**

As I mentioned before, all the practices and teachings that I care about serve one purpose: to support Healing from within.

*They all help us to understand and support the close relationship between our emotional, mental and physical wellbeing.*

I am passionate about the quiet healing practice of Yin Yoga, which is not only the bridge between action and stillness but brings us into such an honest close relationship with ourselves and others. When we heal ourselves, we are again able to relate to the world around us from a place of love, compassion and empowered self-awareness.

Osteopathy and Chinese Medicine both work directly with the life force (Qi) and the places in the body where energy, emotions and thoughts can get stuck and create pain. I just love to work in silence on the body of another person and feel it reveal by itself where it needs attention and special care.

*Working with the Feminine Archetypes in the form of Greek Goddesses offers direct access to our essence, to our core qualities and fundamental purpose in life.*

It is crucial for us to know who we are, what our place is and which function we have to fulfill in this world so we can contribute consciously to our own and the global well-being.

I offer effective mini-sequences for specific emotional and physical issues, based on Yin and Yang Yoga, Meditation, Kundalini and Pranayama. Also, I share some free lectures on therapeutic aspects of body, soul and mind as well as different perspectives on personal transformation – each one of them supporting the healing process from within on a global and individual level.

**D**

**Why did you decide to go down the route of offering your teaching online?**





## M

An idea only grows bigger when it is shared! I have been experiencing and observing the liberating and empowering effects of these teachings for many years. I have witnessed students, patients and friends find ease from their suffering when they understand the intimate relationship between body, mind and soul. All the sequences I offer are easy to understand, simple to go through and effective when it comes to healing.

Also, I can only give as many courses and trainings a year as my body and energetic level allow me. I have to say no to so many invitations from conferences and studio owners.

My Online Studio is a perfect way to spread healing teachings with more people on a global level. This way, students who have already done trainings with me can continue to deepen their understanding and practice. And those who aren't able to come to one of my programs have the chance to benefit of these healing teachings, too.

## D

**How will it work in practice? Will students be members as they are with yoga studios but have the advantage of dropping in when they feel like it?**

## M

My vision of this studio is to offer therapeutic mini-sequences that bring immediate relief to specific challenges in life. I want it to be simple to choose, affordable and supportive. There are basically two options:

- 1. A yearly membership of 19 € and get the possibility to stream any of the videos at any time for 365 days.*
- 2. To pay a certain amount for a video to download and keep.*

Even if people are already a member of a studio or use another online platform and they're interested in the specific sequences that I offer, they can always afford to pay this small amount a year and just have the freedom to drop in whenever they like.

## D

**What are the advantages of your approach to students of yoga?**

## M

Students of yoga benefit from a much more holistic insight to the healing aspect of yoga. In moments when they need most support they get concrete Yin Yoga mini-sequences, guided meditations or sessions for a special archetype to bring immediate relief to specific challenges in their life. My background as an Osteopath and my studies of Chinese Medicine guide them into deeper realms of body, mind and emotions.

## D

**What are the advantages of your approach to you as a teacher?**

## M

I always have been fascinated by different aspects of healing: the scientific background of the human body; the



Eastern approach to the organs; the endless potential for growth in the yogic world; the psychologic reasons for physical and emotional suffering; the influence of the quality of our thoughts to our health and life quality.

In my teachings, whether it is yoga, meditation, body treatment or coaching with the feminine archetypes I always bring the different aspects together. This makes so much more sense to me than keeping them separate.

**D**

**Why would you suggest other teachers think about adopting your approach for themselves?**

**M**

Because we cannot stay healthy by just treating the body. We need to consider what we think and experience in every part of our lives. Every emotion, every thought has a related energy that spreads throughout the body and creates either great freedom and health or pain and suffering. I would even go further and say that most of our suffering has its roots in thoughts based on fear and emotions that have not been expressed appropriately.

**D**

**What is your vision for your online offering?**

**M**

I hope my online teaching will bring effective relief to so much unnecessary suffering in our modern world. I would love it if many people will use this platform to learn more about themselves, to pause and listen and most of all to feel supported in moments when life is overwhelming and we just need a little help from each other.

**D**

**Thank you, Mirjam. Good luck!**

