

A Mail (7.8.25) from

**Natalie Yalon**

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Thank you, dear Natalie!

Joerg

Dear Anna-Katharina, dear Jeorg,

I wish to thank you very much for your invitation to the conference you are organizing on Michael Chekhov. It is such an inspiring event.

I won't be able to be there, but I would like to share my own thoughts and discoveries on the spiritual roots of his approach.

In recent years, I have followed personal training in Tantra with the Skydancing Institute in France. I have been led to read many works about its philosophy and its practices. I was struck by the similarity that exists between these principles and those of the approach developed by Michael Chekhov. Tantra is a non-dual path of awakening. It offers a way to deprogram limiting and conditioning patterns. Like in the Chekhov technique, it deals with the energy centers and the qualities of the elements. The cornerstone of the practice is developing the capacity for incorporation, which offers a path to unification with the incorporated object and ultimately achieves the awareness of non-separation.

At the heart of the practice, we also find radiating and receiving on increasingly subtle levels. It teaches how to awaken the light body and altered states of consciousness to reach higher and higher levels of awareness and more and more subtle perceptions, until one can induce cosmic laws from one's own body.

Through these tantric practices and explorations I was able to discover new sources of inspiration to nourish my transmission of Michael Chekhov's approach, and guide the participants towards increased sensitivity, higher levels of energy, awareness and the joy of transformation.

I hope this can inspire other persons.

I wish you all the best, and a great week of conference,

Warm regards,

Natalie

**STUDIO  
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