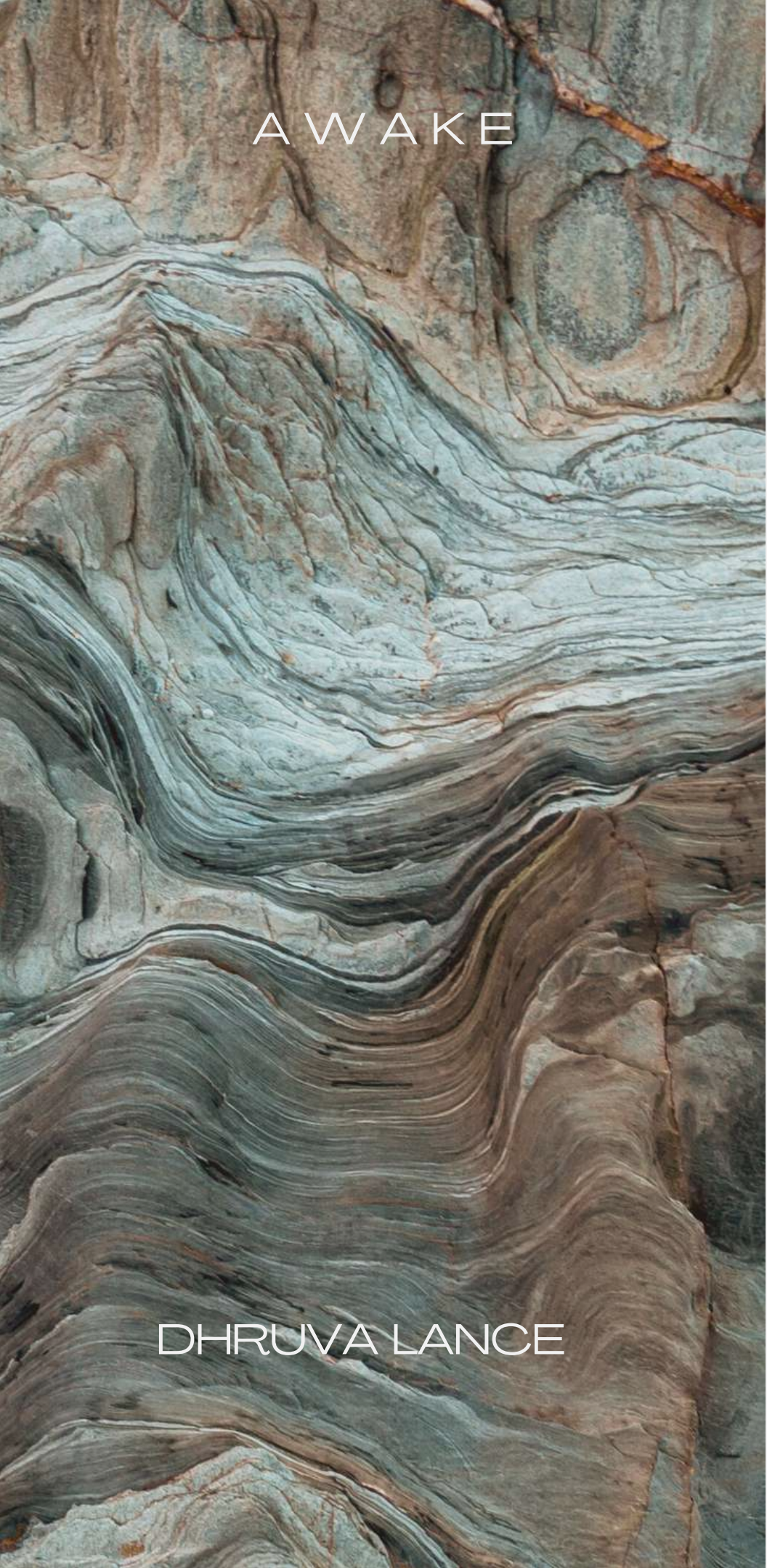




AWAKE

Dhruva Lance BIO



INDIAN – TIBETAN ROOTS

A W A K E

Started formal training in Yoga, Meditation and Yoga texts study at the age of 18 years old after a life changing awakening through the Saraswati order -Siddha Yoga Shaktipat- Swami Muktananda- Gurumayi Chidvilasananda.

Since 1993 He gave himself completely to practice and study of Shaiva Tantra, Tantrik Buddhism, Zen, QiGong and Taoism. He lived his practice at Shree Muktananda Ashram learning from Swamis, teachers and scholars such as Ram Butler, Douglas Brooks, Swami Shantananda and renowned author Sally Kempton.

Began formal Hatha Yoga practice and training at Sri Muktananda Ashram. Several years of focused training as an Anusara Yoga Teacher Training in New York City with John Friend, Jim Bernart, Ellen Saltonstall, Douglas Brooks. Explored consistently additional Hatha Yoga practices and explorations such as Ashtanga, Iyengar, Ying and Restorative. including Eddie Stern, Dharma Mittra, Ana Forest, David Life, Anodea Judith. Dhruva was a founding promoter of the now worldwide style and hatha vinyasa movement in the USA back in 1998 among Sianna Sherman, Betsey Downing, Darren Rodes, Noa Mazé, Christina Sell, Elena Brower and Jaye Martin.

Started Tantrik Tibetan Buddhism training from Dzogchen master Namkai Norbu in 1993. Followed by Chögyam Trungpa, Pema Chodrön and Mingyur Rimpoché Refugee in the Kagyu Lineage and Mahamudra Tradition.

Started following John Friend in the early 90's from master Iyengar to the creation and promotion of Anusara Yoga and formally started teaching Anusara Yoga in the USA since 2000. Eventually bringing Anusara Yoga to México in 2002.

Acro Yoga Trainings and Retreats with Founder Jason Neumer and Alejandra Ortiz

DHRUVA LANCE

TRADITIONAL AND MODERN SOMATICS

4 Year Psycho-Corporal Integrativo Psychotherapy training at Centro Yollocalli (2004-2008) run
by Ilse Kreshmar, Esther Pelayo and Julie Kuri Serur, covering:

Re Birthing
Reichian Psychology
Bioenergetics
Biodinamics
Vegetotherapy
Core Energetics
Holotropic Breathing
Shadow Work
Jungian Psychology

Recent Years Trainings and deep study

Trauma Release Exercises TRE (Berkley)

Self Led IFS With Lock Kelly (2023)

Studies on Dr. Stephen W. Porges polyvagal theory

Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation

1 Year Teacher Trainig on Yoga Nidra, nervous system regulation and deep rest techniques
with Ally Boothroyd. and Kristyn Rose

12 Week Program on Trauma, Somatics and Regulation and Neurosensory techniques with Irene
Lyon

Dhruva Created and keeps developing **POY®** Psychosomatic Oriented Yoga since 2006



QIGONG

QiGong Studies, Practices and Trainings Since 1993

7 Lotus QiGong -Carlos De León

Mantak Chia QiGong (Taoist Yoga)

Inner Perceptions with Master Zhen Quingchuan (2024)

Founder of Escuela HunYuan de ZhiNeng QiGong in 2019

Formed mainly by Abraham Vega and Wei QiFeng (China),
Master Wei Granted Dhruva permission to teach ZhiNeng QiGong and heart consciousness in
aid to the pandemic.

He has guided several online and live full level I, II and advanced practice courses.

Since then, Escuela HunYuan was formed. In 2022 and absorbed by **A W A K E** which
embraces practices that would serve physical health, mental/psychological health and direct
recongnition to our true nature.





DIRECT INQUIRY, NON DUALITY AND TANTRA

Dhruva Lance has dedicated himself to the exploration and transmission of Direct Inquiry, drawing inspiration from the teachings of Douglas Brooks, Rupert Spira, Adyashanti, Ramana Maharshi, Sri H.W.L. Poonja (Papaji), and Dhruva's principal teacher, Gangaji.

His approach is non-religious, non-dogmatic, and free from fixed belief systems. Rather than offering a philosophy to adopt, this work invites the direct recognition and experiential discovery of our true nature as it is revealed in immediate experience.

Through inquiry, presence, and contemplative exploration, participants are encouraged to investigate the nature of self, suffering, freedom, and awareness—not as concepts to be understood intellectually, but as living realities that can be recognized directly and verified through one's own experience.

This work is rooted in the understanding that what we fundamentally are is already present, whole, and complete, awaiting recognition rather than attainment.

"In this very moment, the truth of what you are remains radiant, in complete peace and fulfillment within itself. And it is calling you home."

— Dhruva Lance



SHARING EXPERIENCE

32 Years of Yoga, Sutra in Tantra and Buddhism

28 Years Teaching

16 Years of Somatic one on one practice

INTERNATIONAL EXPERIENCE

Yoga Tree Studios, San Francisco, Berkley, Oakland, Corte Madera CA.

Alvin Ailey Dance Company New York City.

Sri Muktananda Ashram NY.

Jarocho- Xalapa Veracruz México.

Golden Bridge Studio -Los Ángeles.

Has been owner of Spanda Mandir, Narayana Yoga Valle and Tandava Yoga Studios since 2002.

Creator of "Libera Trauma del Cuerpo" for Puramente App which is the biggest meditation App in spanish worldwide

Translator into spanish to Gangajifoundation.com prision program proyect in the USA, with around 800 interns studyng and practicing Self Inquiry

Co Founder of Amatuvida.tv

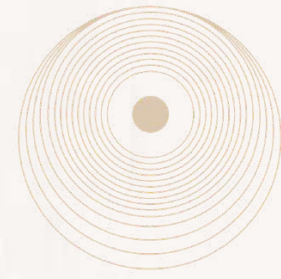
Co Founder of Casa Tandava Eco Village

Creator of Cultivo de Consciencia® podcast

Creator of POY® Psychosomatic Oriented Yoga

Creator of Somatic Permissiveness approach

Founder of A W A K E



SHARING EXPERIENCE

NATIONAL TV & MAGAZINES

Yoga Con Luz -National TV Interview
Sale El Sol -National TV Interview
Encuentro Nacional Yoga Encounters
Psychology Today Magazine Interview
Nathaly Marcus Interview
Sabiduria Psicodélica Podcast

WORKSHOPS AND FESTIVALS:

Wanderlust
Day Zero
Tajin Fest

RETREATS AND CORPORATE:

Young Living
Specialized Bicycles
ABC Laboratories
Ken Wilber Institute -CDMX
Shambalante
Careyes
Puramente México City

SPONSORS & CO-LAB:

Exposer for Lenovo Corp "Yoga laptop"
Jade Yoga Mats

Co-lab with Adidas Global Ambassador Ashley Sergeant
International Certification Committee for Anusara Yoga.

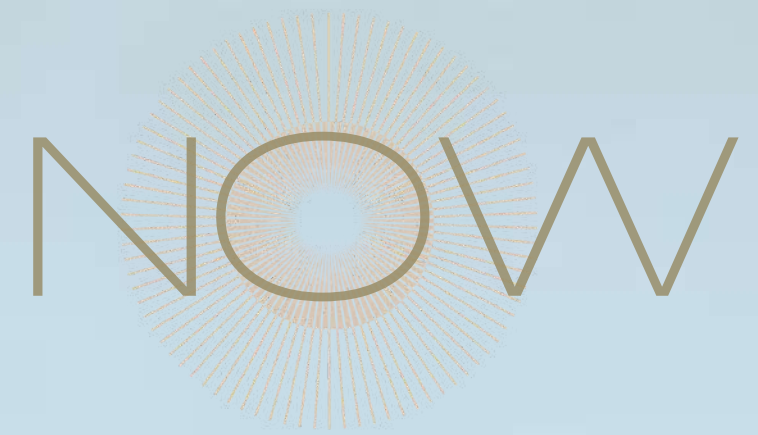


VIBRATION

Live music is a beautiful option for workshops in Cultivo de Consciencia, With exquisite guest musicians that generate deep ecstatic world music improvisations, sound journey is created from spirit, bringing the overall setting of every workshop to a heart centered listening that becomes a spiritual experience itself.

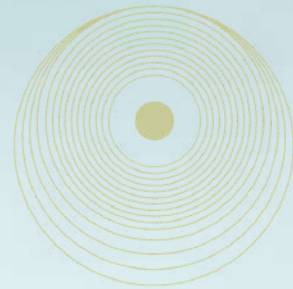
Dhruva has a professional career on Classical Music Composition & Jazz Composing and Arranging. He is immersed in the art of Guitar Improvisation, has composed, produced, mixed or mastered music for world music/mantra artists such as: Mirabai Ceiba, Tor Dietrichson, Nasuna, Somos Amor, Mata Mandir, Nina Lacroix, and Amrita Lilnthal.

Has created filmscoring for WWF foundation - Slim Foundation





A W A K E Encounters



Mobility and Somatic Capacity

Integrates Animal Flow, Primal Movement, Strenght, Bioenergetics, QiGong and Psychosomatic oriented yoga asana.

+

Somatics and Deep Rest

Somatic Experiencing, Bioenergetics, Poly Vagal Theory, Neurosensory Exercises Voice Work, Self led IFS, Yoga Nidra, TRE (Trauma Release Exercises), ZhiNeng QiGong Inner Perceptions Practices.

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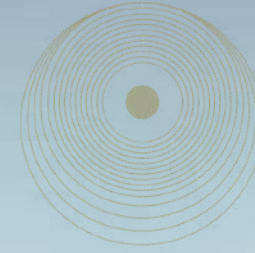
Direct Inquiry

Micro Meditations, Guiding Meditations, Guided Inquiry, Meditative Talks, Glimpse Practices, Koan and Sutra Contemplation.

"AWAKE IS A COMMUNITY BASED HEALING LABORATORY, IN WHICH WE LOOK FOR LONGEVITY, CO-REGULATION TO RECOGNIZE AND DEEPEN INTO OUR OWN TRUE NATURE"
-Dhruva Lance

www.awake-encuentro.com





CULTIVO DE CONSCIENCIA PODCAST

Season 1 (2022-2023)

A deep immersion into the ocean of reality, An exploration on the miracle of being here alive with the capacity of reflecting on our own existence.

Season 2 (2024-2026)

Guide, informational support and reflection about the awakening phenomena on human beings



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