

My teacher Frans Moors

For more than thirty years he has been practising yoga and been interested in all aspects of this approach to life (techniques, philosophy and pedagogy...).

At the age of 22 years (1968) he set off by motorbike from Belgium heading east. Discovering Asia through Turkey, Iran (where he abandoned his old broken down motorbike) and Pakistan, he arrived three months later in India where he stayed for two months and then continued his trip around the world: Japan, Hawaii, and California. He returned to Belgium a year later.

In 1985, after having completed a yoga teacher training programme in Belgium, he became a full-time yoga teacher. He studied at the Krishnamacharya Yoga Mandiram for 5 to 6 weeks each year from 1980 until 1987, when TKV Desikachar accepted him as his student.

Together with his wife Simone he meets his teacher regularly in India (Chennai) to deepen his path of life.

Yoga is an integrated part of his life. He is highly acknowledged by all important authorities and organisations of yoga.

In 1983 he founded with his friends the revue 'Viniyoga' of which he was the chief editor for 17 years.

Since 1985 he has been training yoga teachers. He is conducting, at the same time, several yoga teacher training courses and courses about several aspects of yoga: the basic texts (Yoga-Sutra, Hatha-Yoga-Pradipika...), the bodily techniques (asana) and the breathing exercises (pranayama). Currently with his wife Simone he is conducting a special training to yoga teachers with the focus on 'individual classes' and the therapeutic approach to yoga.

The relationship that Frans and Simone have with their teacher made them see the importance of meditation (dhyana) on the personal path of life. At TKV Desikachar's wish, they share their experiences with students in the West.

His study also covers Vedic chanting (recitation of mantra-s, symbolic formulas); knowledge that he is also passing on here in Europe.

Those who know him continuously testify the consistency of his teachings.

He is co author of the book 'Viniyoga of Yoga' with TKV and Kausthub Desikachar, and he has both translated and made a commentary on the Yoga Sutra-s of Patanjali.