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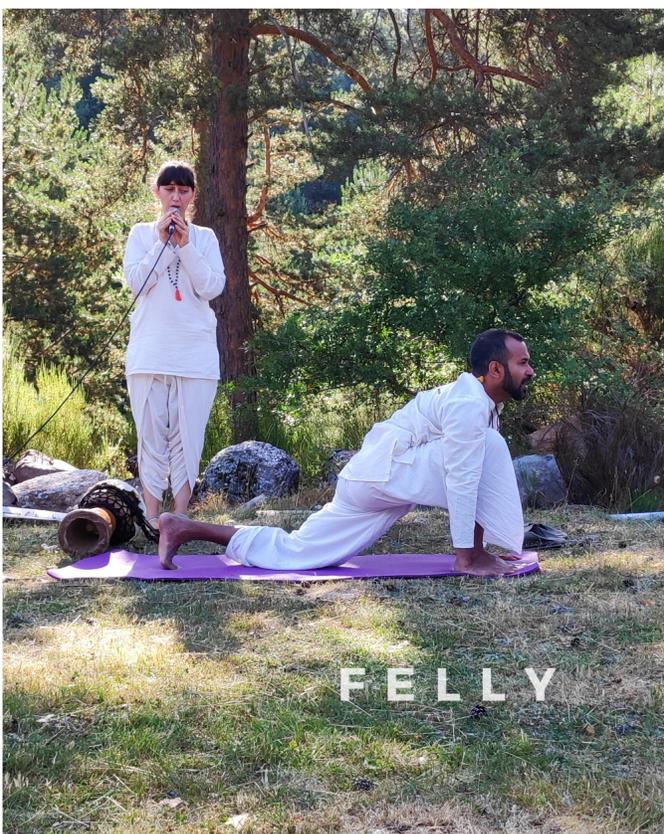
CONVERSATION WITH FELLY GOMES

IN THE MAGAZINE SPORTLIFE MADRID

YOGA TEACHER AND
FOUNDER OF THE
NGO LIVE HAPPY

FELLY ON HIS YOGA
JOURNEY IN SPAIN AND
HIS APPROACH FOR
AND IMPACT OF YOGA
ON HIS LIFE.

WWW.LIVEHAPPYGOA.COM



Felly, how would you define yourself?

I am Yogi, environmentalist and social entrepreneur, son of Assagao, Goa. India.

I like my self being called Global. To create sustainable models of environment conservation, to provide opportunities to the youth, motivate people to participate and feel responsibility to mother nature as well as individual well-being and to preserve local heritage & culture.



What does yoga mean to you?

Yoga practice for many years have integrated my lifestyle. It helped me to imagine, design and craft our organization LIVE HAPPY NGO through which, we can achieve the actions of preserving, protecting and restoring my Sacred Mother Earth, from consciousness, seeking practical and sustainable solutions in the community where we live, carrying out projects that affect people, the community and the environment, promoting healthy lifestyles where we work.

Yoga is balance, fairness, truth, the discovery of who we are.



How does yoga help you in your personal life?

Yoga practices help me take off the mask we use in daily life, which prevents me from seeing my true self. Through the knowledge of my EGO, I achieve tremendous growth and personal, emotional and spiritual development. It is the truest way to connect with my Spiritual Being, to connect with the soul and with 'The Divine' (whatever you interpret it is, I am still trying to figure out what it is for me).



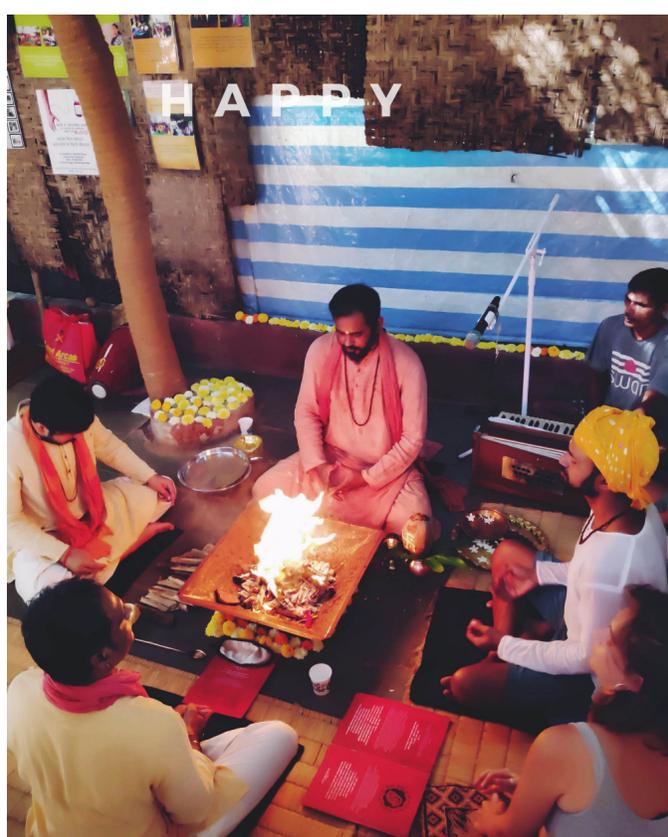
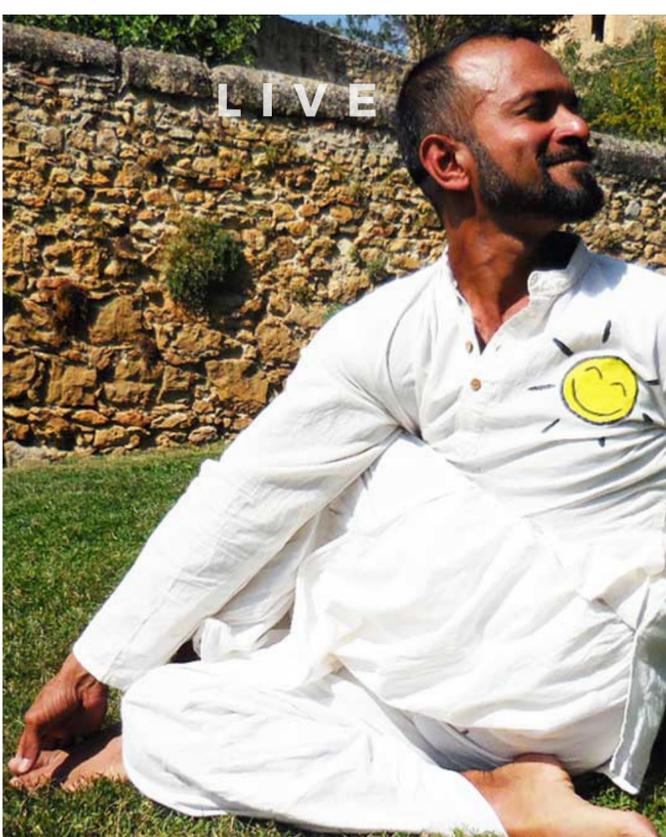
What memories do you have of your first class?

I remember that yoga for me was the same way it is currently perceived in most countries of the world through Asanas, so when I was in Rishikesh (North India) on my research trip of what I was living . One day practicing Yoga, the teacher observed that I was more concerned with getting to get the "position or ASANA" and how I tried to be more flexible than my body allowed me, and the teacher told me:"The yogi is not a gymnast, you will not be able to reach your goal if you do not align your breath, mind and body."This statement created a profound impact on me.



Why did you decide to dedicate yourself to yoga professionally?

What is good for me, why wouldn't it be good for others? I understood the respect for this profession and the long teaching career it has (more than 6000 years), my passion grew every day, my feeling of happiness grew in each practice, in each class, I saw the results in what the students achieved. They discovered the miracle that they can create in each person. Being a teacher makes me learn more about myself so why not stick to the profession which enhances you in as well as out .



How do you define your yoga style?

My style of Yoga is based on the practice of the four fundamentals of yoga pillars: Gyana, bhakti, Raja and karma. Which involves Asanas, Pranayama, Meditation and chanting of Mantras. In a session of an hour and a half I practice these four areas, it helps me to achieve physical, mental, emotional and spiritual balance. I call this practice "LIVE HAPPY Immersion."



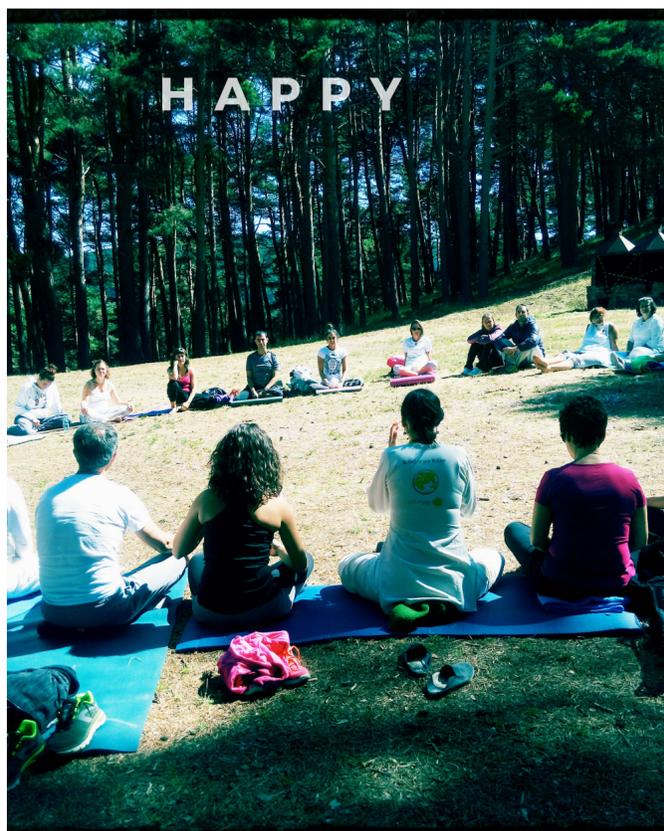
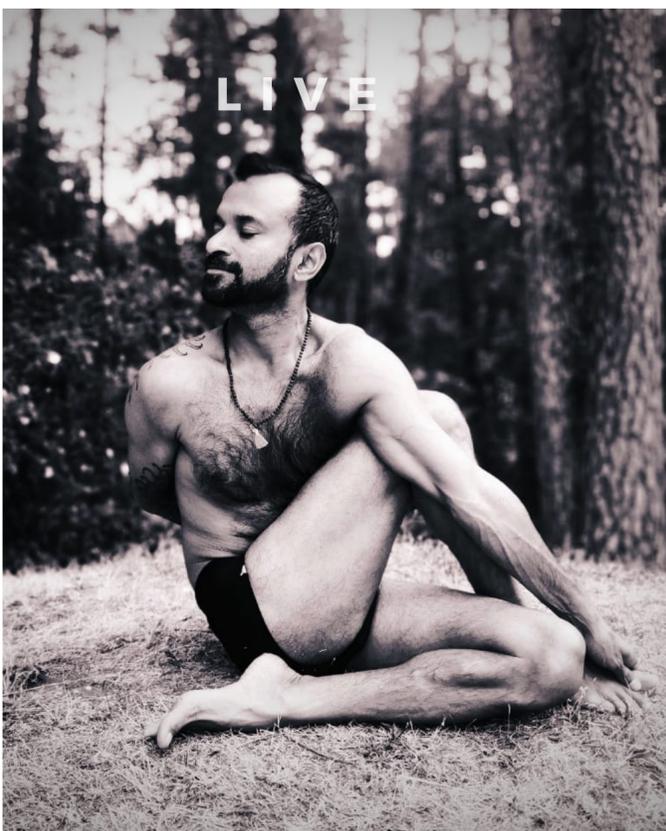
How yoga has changed your lifestyle?

There is a miracle that happens every time we eat and that is that every thing we eat becomes our body,blood, muscles, bones, cells, energy ... I realized how important it is to be aware of what we eat and think. From the moment I got involved in yoga, I saw the effects that were happening in my life, for example, the intake of certain foods helps me to meditate and practice yoga more consciously. So I choose wisely what to eat to keep me healthy and almost not fall ill. I avoid doctors and allopathic tablets that will cause other effects. In this lifestyle I increase my level of confidence.



How many times a week do you do yoga?

I have been practicing yoga for 10 years and it has become part of me, it is a daily breakfast routine, I practice every morning with some cleaning and meditation practices Kriyas and Sādhanā.



Why did you start practicing yoga?

In 2010, I reached a saturation stage, the search to know who I am and what is my purpose in this world. So frustrated that it was not letting me sleep at night, although supposedly with our concept of security I had nothing to worry about all my basic needs they were covered, nothing materialistic could satisfy my internal search until one day, reality hit me, and I began "literally" to listen to my breath, to realize how unconscious I was of what kept me alive, I began to concentrate consciously and I observed how innate way my mind asked me to do what is called "meditation."My life changed 360 degrees, I drank water like I never drank before, I slept like never before, I discovered the feeling of bathing! As I liked it so much., I started my personal investigation of what I was experiencing and decided to travel through different Asrams and other mystical places in India to quench my thirst on spirituality . I felt fulfilled, I felt happy and in this search I found the practice of ancient yogic science is on going process to understand what is our existence .

**You were born in India, the cradle of yoga.
What differences do you find between practicing yoga in India and in Europe?**

India is a country with a high concentrated energy as a result of all the rishis, munis, sages, Acharya and gurus who have been meditating in the mountains of India for thousands of years, including the rich ritual fire ceremony (HAVAN) that are held in India, recharging the earth with cosmic energy. Which makes me feel the need to do my yoga practice in nature outside India . On the other hand, in Europe we all know the different weather that exists between the two countries, and that is one of the reasons why you cannot practice outside, but I miss seeing the practice outside of four walls. All the workshops that I carry out when I am in Spain, is always in mother nature.



How do you see yoga in Spain? Do you think it's a fad? How do you see the evolution?

In Spain, people are naturally happy. There are many festivals with pleasant environments where people can develop part of their happiness but people who want to go a little further and are interested in their good health find yoga very interesting, provide clear goals of life and a good lifestyle that most Spaniards appreciate. But I have to say that in the last 6 years that I have been coming to Spain, I have perceived the increase in practice and inclusion more and more in educational fields, such as family camps, summer camps, town hall activities, festivals ... I think that indeed Yoga is being used to raise awareness of who we are and create more responsible citizen individuals in their cities and communities.

You are married to Beatriz, a Spaniard from Briviesca, Burgos, how do you see life in Spain?

My trip to Europe begins as a result of meeting my wife in India, we both agree working with the same vision and mission until we decided to join us on the same path creating our organization LIVE HAPPY NGO. I feel very comfortable every time I collaborate with someone in Spain , I like food, I like the geography of the country and its culture, but I have a great handicap that is the language that although I am learning it I realize that I have developed another perception of listening to people without speaking. Mention that it helps me a lot to understand the perception of things from another point of view to get to empathize with this culture from respect, in that my wife helps me a lot.



You give yoga classes to children and teenagers in schools How is the experience? What does yoga bring them? What goals do you have when you teach the little ones?

Children are the future of this world and we need more concise people than ever. So I designed Yoga for children, through a specific technique in which all supress energy is released in the form of dance, with asanas, deep breaths, Pranayama and ending with a guided meditation activating the heart of children (anahata chakra) and the area of the brain (ajna chakra) this helps them calm down and concentrate. I have done this session with more than 8000 students in my country and in Europe, one of my goals is to share the rich heritage of India in yogic science in other countries, being able to work from a holistic approach to the future generation.



What is the experience you have lived with yoga and has it marked you the most?

In 2013, during my spiritual journey, I was doing my meditation on the Kedarnath mountain in Uttarakhand, I had a strong vision that I should leave that place without any doubt of the message and the consequences of my “escape”, I had to return to the main city that was Delhi, and after two days of traveling isolated from the news, I arrived and saw on television the vision that was shown to me, a flood that destroyed the area where I was meditating, thousands of people died and the kedarnath temple where I was meditating was intact . I would have been one of the people affected if Mother Nature had not spoken to me. I realized the importance of being connected and aligned through your intuition.

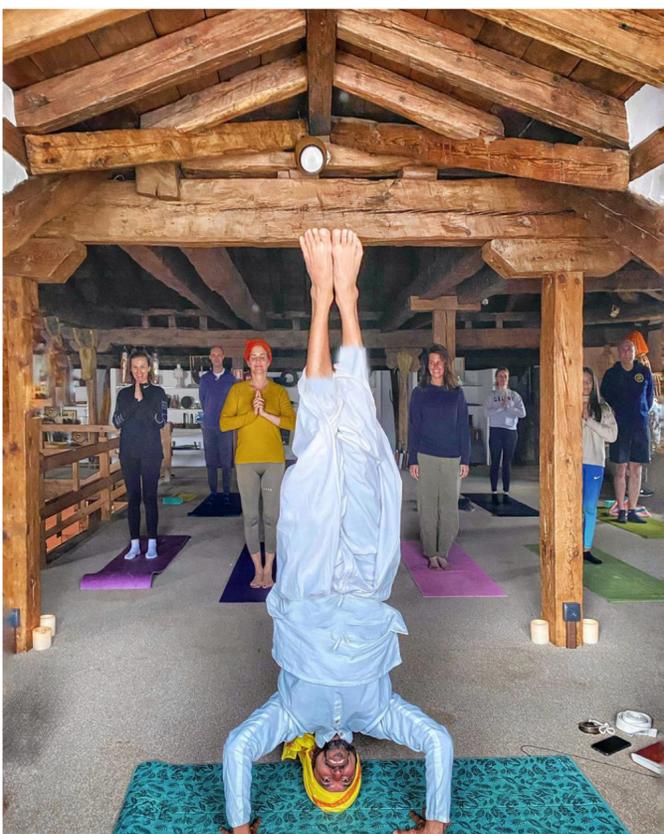
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Why do you think yoga is being practiced more and more in Spain?

In Spain, so far I have noticed that people are conscious about their health, most of them love to show off a perfect and healthy body, and if there is also a physical, emotional and spiritual growth in the practice of yoga, people find more attractive practice where they find balance to give answers to current questions and needs of current life



Do you use social networks to post some yoga? What do you think of the fashion of influencers in yoga?

I use more social networks to raise awareness about how to keep the environment clean and other social problems facing in our local community in the form of karma yoga. One of the branches of yoga is DOING without expectations. The influences fashion? Nothing to say, it simply reaffirms my opinion in the social class in which we live and how we are influenced by the media, so I use the networks to influence my audience that grows more and more every day.



What have you been able to achieve or work on your weaknesses with yoga? What do you have left to get?

One of my weaknesses was to recognize my EGO, through having many conversations with my EGO I realize every day how easy it is to feed it and not find the positive part of "having EGO". Yoga helps me manage my Ego in the right way. Channel my fire in positive way so that I don't get burnt.

I have much to achieve, to work, to understand, it is part of Yoga, a state of continuous evolution.



Who have been your teachers or gurus in your path of yoga?

Gurus and teachers have been the sustainers of human existence to pass the awareness, from the beginning, they have been an important part in my learning process in my Yoga practice, as I told you at the beginning of the interview. But I have realized that the real learning of this trip is in oneself. For example, having a conversation with Yolanda, the editor of YOGAFIT who is a runner, told me that "she had an experience during a marathon, she was exhausted and sat down for a minute (meditation) to recharge her energy, another runner saw what she was doing and joined her, both returned to the track and completed the race." What did I get out of this story? That the true guru is in every body, in every mind, although I totally agree that there has to be a guide that makes you understand the fundamentals of life. I DO NOT have a name to define who my guru is specifically, I am still in search of my spiritual guide, but it is true that I follow the teachings of MSC Swami Vivekananda Yoga Anusandhana Samsthana-S-Vyasa. It is the school where I currently do my masters.

What does yoga bring you?
Spirituality, balance and vision

Favorite posture:
Salamba Sirsasana

'Challenge' posture:
Upavistha Kanasana

Favorite place to do yoga:
Outdoors, in nature.



Your mantra in life:
LIVE HAPPY, discover the message within and share it.

Your goal or objectives in life, or how you look in 10 years...

Spreading the science of Yoga to as many people as possible through our NGO project, which is based on the fundamentals of YOGA. I see myself as a professional of the GLOCAL Cultural Practitioner, GLOBAL field and LOCAL work.

How would you encourage yoga to sports people who have never tried it?

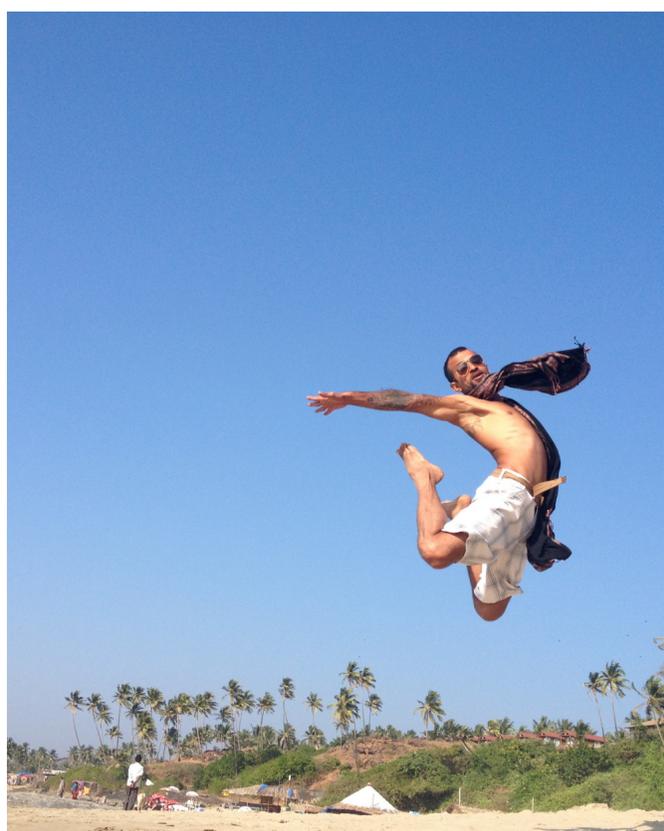
I honestly believe that all athletes are not aware that they are already yoga practitioners, but that they have not given the form or name to their way of preparing. Possibly your trainer does not use words or exercises framed in yoga, but that are very aligned in his practice.

Yoga helps balance body and mind, and we all know that elite sports are not only achieved with physical preparation, but there is a strong job in your mental preparation. I would encourage the "coach" to focus part of their training based on yoga techniques, as I mentioned earlier in the interview, the guru the teacher in this case the coach, is an important part in the process of applying learning (applying the techniques effectively and efficiently) adequate to achieve success.



What sports do you usually practice besides doing yoga?

All the sports that I practice are linked to cultural experiences, that is, I love to dance and I practice whenever I can "dances of the world", I love pedaling and I use the bike to get to know the world for example the "Camino de Santiago". challenge my heartbeat and go running participating in social careers.



What benefits does yoga practice bring to athletes?

Avoid injuries, be more aware of the exercise, feel it, feel stronger and more confident, positive attitude, a mature state face situations of weakness, face fears, control breathing and pulsations...