

W O R K S H O P S Y O G A I N S I G H T

No previous experience is required. All levels of practitioners are accepted, as we adapt the activity to the specific needs of the individuals or of the small group attending the workshop. However, with a preliminary interview, we will be able to suggest the activity best suiting your needs

B A C K B E N D I N G

This is a sequence designed specifically to bring intelligence to our movements during the extension of the column. Very often we think that the key is a hyper-flexible back, in reality the characteristics of a column that moves healthy and sinuous manner, free from tension, also include the mobility of the shoulders and of the hips joints. We will explain how to approach some positions in the Asana Yoga practice, in an integrated way and without pain or discomfort. Acquiring tips and tricks that you can always take with you and apply to your practice.