

# 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.

## H A P P Y   H I P S ( H I P S   O P E N I N G )

A specific sequence designed to improve the mobility of our hips. Hips are a delicate point, they represent the area where the upper and lower parts of the body meet and where postural habits, due to our daily activities, can influence the mechanical structure and emotions. In an alternation of dynamic asana sequences and more static and passive positions, we will discover our body more in depth.