

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

I N V E R S I O N A N D A R M B A L A N C E

Have you ever thought of changing perspective and seeing the world from another point of view? Then this workshop is just right for you. Learning to take confidence in the world upside down is an exciting process, made of discovery and self-confidence. When the usual foundations are no longer our legs, but become hands, forearms or head, we experience a great sense of strength and confidence, which will forever change the way we perceive our body in space. We will have the opportunity to learn the basics and principles to safely deal with the inverted positions of Yoga and arm balance, challenging ourselves in a fun way or just refining previously acquired techniques.