

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

P H I L O S O P H Y

Have you ever wondered why so many different types of Yoga? Where and how was Yoga born? If you have long felt the need to deepen this subject or if you are just eager to have a better understanding of main principles of yoga philosophy, this workshop may be the right one for you providing some answers to these basic questions and clarify some of the less commonly discussed aspects, providing new inspiration for further personal studies .