

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 R A N A Y A M A T H E R O O M O F T H E B R E A T H L I V E L L O B A S E

Pranayama means: extension, breath control. It is part of one of the auxiliaries of Yoga. It represents the crossroads between external Yoga (such as Asanas) and internal Yoga (for example meditation). In India it is considered a real medicine, with great benefits for the practitioner. There are different types of Pranayama with different effects and characteristics. Over a number of years of practice Giulia, under the guidance of great masters, selected the most significant Pranayamas for a performance accessible to everyone in the hectic everyday life.