

The background is a dense, repeating pattern of stylized flowers and leaves in a light purple shade against a darker purple background. The flowers are of various sizes and styles, including some with multiple layers of petals and others that are more delicate and daisy-like. The leaves are simple, pointed shapes.

YOGA

& more

Yoga means union.

This union between body, mind and spirit, has been forgotten for most of the time during our lives, especially following the Western society and its lifestyle.

Creating balance between these is the key for a good, healthy and peaceful journey throughout days, weeks, and years of our life.

When we are not centered, due to one of these 3 aspects is more active than others (mostly the mind), we create compression, constriction inside us, and, with time, this can become destructive for our being.

We become sick because most of the time we do not listen to ourselves: We are so busy with our minds and with all the unnecessary things we buy or we do for "living".

We prioritise actions against ourselves, we look for what we do not have instead of enjoying what life has already given us. We always believe that the next moment will be better and bring success, losing then the only fraction of time that exists -NOW-

Following the teachings from Himalayan Sadhu and Gurus, ancient yoga helps to re-find the center in our lives, to re-connect to yourself, to create space and expansion within by putting us and our health as first, so then, as a consequence, all the external world will become just a journey, a beautiful movie to feel and live fully rather than to watch. Yoga opens your body to allow emotions and traumas stored within to be released. Using breath as anchor, we witness our mind, and we break the pattern of being its servant.

Yoga is the union of practices that includes: Purification of the physical and mental body (shatkarma kriya); Guidelines of lifestyle from yogic philosophy (Yama & Niyama); Positions (Asana); Breathwork (Pranayama); Control of the senses (Pratyahara); and meditation.

All these practices are at the base of the tree of yoga, and the deeper the practice is, the more you will be able to be open to release, to bring balance, clarity and happiness to your life.

Please bring your mat with you because we can not offer ours due to the regulations. We will also apply all the distance rules and safety requirements following the updated regulations from Lombardia regions. Class are open air!

PRIVATE LESSON

- We do offer private lesson following the availability of our teacher.
Please book your practice at least 24hrs in advance.
Cancellations on the same day will incur in 50% of the price of the lesson.

Choose your favourite practice among:

Hatha Yoga; Raja Yoga; Classical Kundalini; Yin; Restorative;
Meditation or Pranayama (for max 3 pax)

60,00€ per 60 minutes lesson
90,00€ per 90 minutes lesson