

Workshop The Art of Transitions:

This workshop is an in-depth exploration of transitions and balances in Ashtanga Yoga. It emphasizes the equal importance of transitions over the postures themselves, emphasizing that a holistic practice is composed of equal parts postures and fluid transitions. Learn to better understand, domain, and appreciate the art of transitions, focusing specifically on handstands and headstands.

Highlight the importance of fluid transitions in the practice of Ashtanga Yoga.

Explore the key techniques and principles of handstands and headstands.

Learn to synchronize breathing with movements for harmonious transitions.

Cultivate the strength, alignment and confidence needed to execute these balances.

This workshop offers an in-depth exploration of transitions, highlighting their crucial role in Ashtanga Yoga, and highlights the art of handstands and headstands as a natural extension of these transitions. By understanding and integrating these movements with precision and awareness, participants will be better equipped to develop a balanced and complete practice, enjoying the transitions as much as the postures themselves.

This workshop is aimed at Ashtanga Yoga practitioners of all levels wishing to deepen their understanding of transitions between postures and master hand and head balances.

Breathe with intention: Deepen the connection between breath and postures in Ashtanga Yoga:

This workshop is designed to explore in depth the relationship between breathing and postures in Ashtanga. Conscious breathing is at the heart of the practice, and this workshop focuses on the mechanical and emotional importance of the breath, as well as its practical application to the different postures implemented.

- Understand the mechanisms of breathing and its role in the practice of Ashtanga Yoga.
- Explore the emotional aspects of breathing and its impact on mental state.

- Learn to synchronize movement with breathing for a more fluid practice.
- Experiment with breathing exercises in pairs to deepen awareness of the breath in the postures.

This workshop offers an in-depth exploration of breathing in Ashtanga Yoga with an emphasis on its mechanical and emotional aspects, allowing participants to better understand its crucial role in the practice and cultivate a deeper awareness of the breath in postures. Through guided sequences, demonstrations, partner exercises and moments of meditation, practitioners will be guided to consciously integrate breathing into their daily yoga practice, promoting a more enriching and balanced experience.

This workshop is for all levels, from beginners to advanced Ashtanga Yoga practitioners, looking to deepen their understanding of breathing in their practice.

Drop back / backbending workshop:

Many yoga students are very excited to start learning the bridge pose and the famous drop backs.

However, when they start trying, they discover that it is much more difficult or impressive than they expected.

For this workshop we will approach bridges, backbends, drop backs with some simple anatomical rules and opening exercises of the different parts of the body engaged in these postures will be seen for a secure practice.

Backbends are accessible to everyone, but really everyone.

Everyone can find their version and joy in these postures in complete safety, **let's try together ;)**