



Viniyoga Classes

With Patrizia Labella

Starting: Tuesday 23 January

Tuesdays

8:00 to 9:00 - GYM A

Fridays

12:00 to 13:00 - GYM B

Fee: 8€ x class

30€ 4 classes (to be used within 2 months)

55€ 8 classes (to be used within 2 months)

First trial free of charge

Come and discover Viniyoga to develop physical and mental awareness and face your day more peacefully

What we will do:

-Progressive and gradual application of basic yoga postures

-Breathing exercises

-Relaxation and observation/meditation

Classes are suitable for everyone, including beginners and people with joint problems.



The Viniyoga tradition derives from the teachings of T. Krishnamacharya and especially his son T.K.V. Desikachar, who began passing on his father's teachings to millions of students around the world in the 1960s.

The term Viniyoga refers to a 'progressive application' of yoga techniques. This application takes into account the level of the practitioner and their characteristics, health, and aspirations. The spirit of Viniyoga is based on the importance of adapting the practice to the individual person.

A Viniyoga session encompasses an ascending phase of warming up, the core, with targeted postures, and a descending phase that leads to compensation and final relaxation, including breathing exercises.

A continuous practice enables various positive effects, including: strength, agility, relaxation, correction-alignment, increased digestive focus, concentration and internalisation.

Reservation required: fao-staff-coop@fao.org

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