

# LAND & ACTIVITY EXPERIENCE

## YOGA CLASS

talea  
COLLECTION

TCE050



Learn **Iyengar Yoga** from a Qualified Expert amidst the stunning surroundings of our properties, you will enjoy exercises and classes, learning new tools and skills to cope with everyday demands. Meditation will shortly follow to help you slow the rhythm and still the mind from interfering emotions and thoughts. Our class are led by certified master Giuseppe who believes that Iyengar Yoga is a great tool for personal development of all ages. His teaching style is based on clear, simple instructions that anyone, from beginner to advanced can appreciate. As a qualified Shiatsu Practitioner, he has a comprehensive understanding of the body's anatomy, which extends into his teaching and guidance. Expect classes to include an excellence of technique and sequencing, moving through a safe, methodical progression of yoga postures. Class lasts approx. 1 h and 30 minutes with a minimum of 3 persons.

Yoga is a therapy that aims to unite the mind, soul and body. Most yoga styles are derived from 'hatha yoga', a type of yoga that focuses on the body and breath and aims to develop control the body through poses. All styles of yoga balance the body, mind and spirit, but how they do so may differ. Some styles focus on the poses, while others may focus on breath work, alignment or the flow of movement. Breathing is very important in yoga, as the breath signifies your vital energy. In yoga, being able to control your breath can help you to control your body and your mind. No matter which style of yoga you choose, the health benefits are many. Iyengar Yoga focuses on three aspects: alignment, sequencing and timing. Alignment means maintaining the intended pose while respecting the body's boundaries.

**Estimated Total time for the activity: 2 hours / EVERY DAY UPON AVAILABILITY**

PRICE PER CLASS - 1 h and 30 minutes from 1 to 3 persons	€ 100,00
Extra Person up to 6 persons	€ 15,00
TIPS: we recommend to wear sneakers and comfortable clothes. We recommend to inform your instructor about any particular health condition before starting the activity	

*All prices are VAT included*