



Anna – Hatha Yoga and Hatha Flow

Anna is a Hatha Yoga practitioner, who loves to make essential Nidra integrations (there are always 15-20mins of meditation at the end of her sessions). Her focus is on posture and physicality, very much inspired by Iyengar yoga and Prana Yama breathing techniques, which however she will only add if they suit the person she is working with.

Anna is Satyananda certified and inspired by the idea that the goal of yoga is to achieve the overall well-being of body, mind and spirit; to create synthesis and complementarity from a variety of experiences, paths and different practices.

Her 60-minute lessons are aimed at children, adults, the elderly, and all those interested in a path of knowledge. Anna is flexible, and will always adapt to your experience and needs. She speaks good English and some French.

In summer, Anna offers lessons by the pool, best had at 7.30am or at sunset. It is still possible to practice in our outdoor living space if it rains, or of course, indoor too.

Lastly, at Casa Tonini Anna offers 2- and 3-day retreats with one or two practices per day, which allow for free time to go and explore the local area. Please enquire.

Cost:

€75 for up to two people (60min lesson)

10€ per extra person up to 12