

## Laura Russi – Iyengar Yoga

THE Iyengar® Yoga METHOD was founded by B.K.S. Iyengar, an Indian master who, in over 70 years of practice refined and perfected his own method. Based on the philosophy of the “YOGA SUTRA” this method is based on an in-depth study of ASANA (positions that the body assumes in the practice of Yoga) and PRANAYAMA (breath control). Alignment, symmetry and precision during the execution, the sequence and the duration of the poses are the defining characteristics of this method. It acts on the musculoskeletal, organic, emotional and mental level.

The physical body benefits from the positions themselves, while the concentration and precision required in the practice leads to an internalization of the mind, giving peace, silence and quietness and driving it to meditation. In the class of 60 minutes, the student will practice a sequence of Asanas created by the teacher giving place to a sharp observation of the body according with breath flowing and allowing the mind to focalize itself in the actions (intelligent and precise movements), then restorative poses and breath observation will take place at the end of the class.

Laura Russi began to practice Iyengar® Yoga in 2001 and keeps studying with different certified international teachers. In 2010 she experienced the magic of pregnancy accompanied by the practice of Iyengar® Yoga, an experience that notably strengthened her passion for this discipline and method. Finishing her level 1 teacher training in Florence, in 2018, she has now started training for level 2 . She began teaching regularly in 2016 and since 2018 she teaches beginners and intermediate students in her own Yoga Center “Testainguà” in Ceglie Messapica (BR), in addition to private lessons.

Classes can be taught in Italian, English, Spanish and French.

### **Cost:**

Classes last 60 minutes and include the provision of mats and props. 60€ up to 3 people. Each additional person costs 20€.