



# Yoga Embodiment

LEZIONI INDIVIDUALI PER LAVORARE INSIEME SUI TUOI OBIETTIVI,  
NEL COMFORT DI CASA TUA.



## LEZIONI PRIVATE DI YOGA O PILATES

*Personalised 1:1 Yoga & Pilates that allow you to work on the poses and stretches that make sense for you on your schedule and at your own pace.*

## PERSONAL TRAINING ED ALLENAMENTO FUNZIONALE

*Mobility, flexibility & Myofascial release.*

*Strength-based workout designed to strengthen your body, your posture and give yourself the shape you want.*

## LEZIONI DI GRUPPO SUL MARE

*Hatha Yoga group classes by the beach.  
High Intensity & Functional Training group classes.*

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