

TEATRO

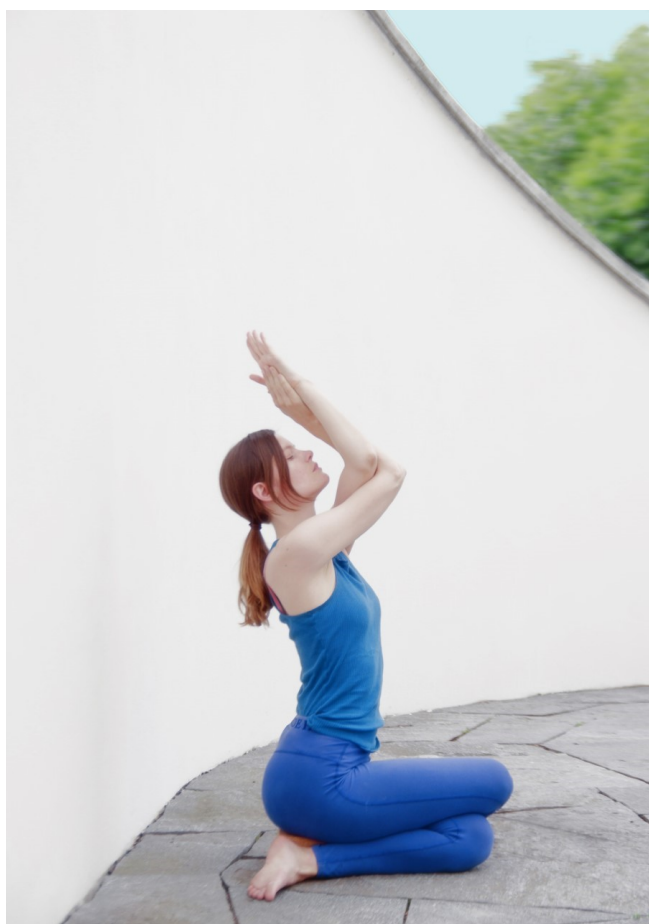
Associazione
e-venti culturali

SAN MATERNO ASCONA



In July and August,
Monday 9-10.30 a.m.
Wednesday 7-8.30 p.m.

Yoga classes with Lisa Ferretti



© Reza Khatir

First class: 1st July, 7 p.m. – 8.30 p.m.

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www.teatrosanmaterno.ch

Lisa encountered yoga at 19; impressed by the immediacy of the benefits of this practice, both physically and mentally, she knew it would always be a part of her life from then onwards. Alongside her philosophy degree, she studied in a number of yoga schools, both in India and Europe. A certified teacher of Hatha and Anusara Yoga, she is undertaking training in the Katonah method, in addition to attending yoga therapy courses at YogaCampus in London. Her teaching is based on a non-dogmatic approach toward the discipline.

In her classes, Lisa invites people to nurture and improve perception of their body, to have a better knowledge of its internal pathways, and discover its fascinating geometries. Let her lead you through a series of exercises aimed at rediscovering your mental and physical centre and relaxing your nervous system. One hour of physical practice followed by breathing and meditation exercises.

Health safety regulations Covid-19:

- Maximum 7 participants per lesson
- Please book by calling 079 532 32 07
- Wear a sports outfit
- Bring your own non-slip yoga mat

INFORMATION

Booking

+41 (0)79 532 32 07

Online: www.teatrosanmaterno.ch

Fr. 15.–

in collaboration with

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