

MASTERCLASS SESSION
Arm balances - Backbending
Mantra - Meditation
Pranayama - Kriya

Jyotir
Yoga and Psychology



TONY LUPINACCI

Tony encourages students to step into their strength and get curious about their practice.
In these vigorous vinyasa classes, students will be invited to play with edge to find their
hidden potential through physical awareness

SINGLE CLASS 2 HOURS: EURO 40
BOTH CLASSES 2 HOURS: EURO 70

EARLY BIRD BEFORE APRIL 7
SINGLE EURO 35 / BOTH EURO 60

These fees can be paid through a bank transfer addressed to JYOTIR S.S.D. A R.L.
c/c: IT62P0303201616010000141304

For any information write to gaia.sattva@gmail.com

16 APRIL 19:30 - 21:30
17 APRIL 19:30 - 21:30