



DESCRIPTION

Hatha Yoga is a traditional style of yoga known for its harmony and balanced approach, focusing on present-moment awareness and breath control. It is suitable for practitioners of all levels, including beginners.

Hatha Yoga sessions are characterized by their adaptability to individual needs, incorporating elements from various traditions to enhance physical and mental benefits. The practice can be customized to reflect specific needs and emotions, offering an experience that ranges from a slower, more relaxing pace ideal for recovery after an intense day, to a more energizing and dynamic session designed to stimulate energy and boost vitality.

TIME

90 Minutes.

EQUIPMENT

All the necessary equipment for the activity will be provided by the teacher.

