



YOGA IN VILLA VINYASA YOGA

DESCRIPTION

Vinyasa Yoga is a dynamic style of yoga that is based on the synchronization of breath with movement. The word "Vinyasa" comes from Sanskrit and means "to place in a certain way," referring to the idea of coordinating breath with a series of fluid postures. A continuous flow that unites movement and breath to explore physical and mental boundaries. The pace of the class is fast and very active, with a strong focus on building strength, balance, and joint mobility. Some of the benefits of Vinyasa Yoga include improved strength and flexibility, increased body awareness, and reduced stress.

TIME

90 Minutes.

EQUIPMENT

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

