

yoga aruna



# July International 2019

02-07 ; 09-14 ; 16- 21 ; 23-28

## Iyengar® Yoga



*Francesca meets the practice of Yoga at the Iyengar Yoga Institute in South London in 2004. She returned to Italy in 2006 where she followed Iyengar Yoga classes in the period prior to the trip to India, where for 6 months she attended the Ramamani Iyengar Memorial Yoga Institute classes daily. During the same period she dedicated herself to the study of Ayurveda, Indian medicine, and learn the techniques of massage. Back to Italy, she began her teacher training at Yoga Wisdom Institute in Florence where she graduated in 2011. She continues to pursue upgrading sessions held by senior teachers. The journey is long and exciting!*

*With Francesca Ferrero and Stefano Bendandi*

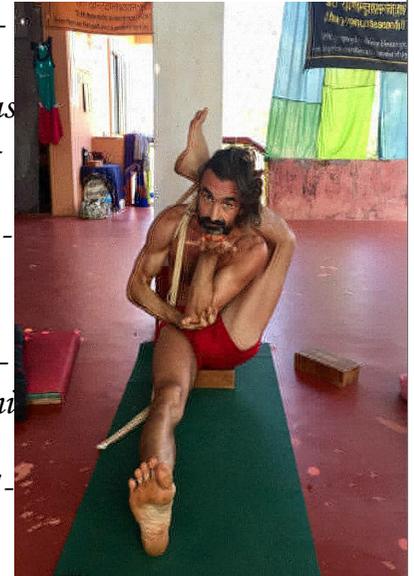
*“We do not teach how to do asanas, We teach you how to develop awareness through asanas”*

*The Iyengar method is the most accessible yoga to any individual, no matter of your body or mind abilities. The system of teaching is methodical and progressive, emphasizing safety, alignment and the development of self-awareness. The workshop introduce the use of supports to facilitate learning and accommodate safe appropriate poses.*

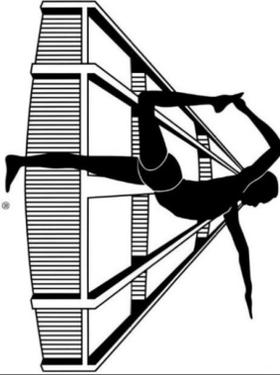
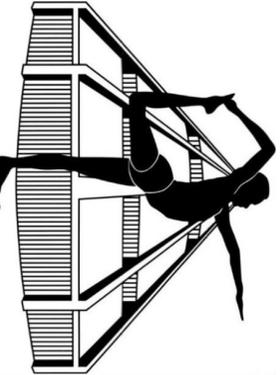
**Classes in Salita Pallavicini 8, Genoa, Historical Center**

<b>tuesday</b>	18/21.30
<b>wedensday</b>	13/14.30 19/20.30
<b>thrusday</b>	9.30/11 Beach and self-practice!
<b>friday</b>	Town visit! 18/21.30
<b>saturday</b>	8.30/11.30 Lunch!
<b>sunday</b>	8.30/11.30

*Stefano has practiced Iyengar yoga for 20 years. He has participated in numerous workshops with senior and advanced teachers in Europe and India. He studied regularly at the Ramamani Iyengar Memorial Yoga Institute (RI-MYI) in Pune, in the Iyengar Yoga-shrayera and in Yogabhyasa in Mumbai, and in the School of Iyengar Yoga in Ravenna. He started teaching in 2007, has been certified Iyengar Yoga in 2012. He teaches regularly in Gokarna and now in Genova, he conducts seminars in Italy and abroad.*



**\*Schedule may be subject to changes**  
**Prices: full workshop 150€; single class 15/30€; 50€ deposit required**

<p><b>Description of the town</b></p> <p>Before 1100, Genoa emerged as an independent city-state, one of a number of Italian city-states during this period. Genoa was one of the so-called '<b>Repubbliche Marinare</b>', (Maritime Republics), along with Venice, Pisa, and Amalfi. Trade, ship-building, and banking helped support one of the largest and most powerful navies in the Mediterranean. There is an old saying that says: &lt;&lt;Genuensio ergo mercator&gt;&gt; which means "Genoese therefore merchants" but the Genoese were skilled sailors and ferocious warriors, as well. <b>Christopher Columbus</b> himself was a native of Genoa.</p> <p>During his rise and his apogee, Genoa founded Colonies in many parts of the world, from Crimea to North Africa, from Spain to Americas, leaving everywhere valuable architectural works</p> <p>At the time of Genoa's zenith in the 16th century, the city attracted many artists, including Rubens, Caravaggio and Van Dyck</p> <p><b>A day at the beach and a visit to the center town are scheduled</b></p>	<p><b>Accommodation and way to come</b></p> <p>Genoa has an <b>airport</b> and some low-cost flights are available, Volabus is the connection service between the Genoa airport and the city center; in addition, the Milan airports and in particular the Bergamo Orio al Serio airport guarantee low-cost flights from all over Europe, the connection with Genoa is by <b>bus</b> to Milan central station, where you take the train to Genoa. Also Pisa airport offer low cost flights and it is connected to Genoa by train. Genoa can also be reached by <b>train</b> and bus to the stations of Principe and Brignole. We recommend that you plan your trip and purchase your ticket well in advance.</p> <p>.beLb lavagna uno <a href="mailto:albertapainting@gmail.com">albertapainting@gmail.com</a></p> <p>.beLb la rosa d'oro</p> <p>.manêna hotel genova <a href="http://www.manenahostel.it">www.manenahostel.it</a></p> <p>.casaorefici, via degli Orefici</p> <p>.beLb la meridiana</p> <p>.beLb i tetti di genova</p> <p>.beLb la bitta sul molo</p> <p>.airbnb monocale salita rondinella</p> <p>.beLb cá sanló <a href="http://casanova.altervista.org">casanova.altervista.org</a></p>	 <p style="text-align: center;"><b>With</b> <b>Stefano and Francesca</b></p> 	 <p style="text-align: center;"><b>July International 2019</b> <b>02-07 ; 09-14 ; 16-21 ; 23-28</b> <b>Iyengar® Yoga</b></p> 
<p style="text-align: center;"><b>Francesca</b></p> <p>Tel: +393273255353 facebook page: francesca.ferrero.543</p>	<p style="text-align: center;"><b>Stefano</b></p> <p>Tel: +393405772468 mail: <a href="mailto:stefanobendandi@gmail.com">stefanobendandi@gmail.com</a> Facebook page: stefano.bendandi.7</p>		
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