

INTERVIEW FOR ELLE MAGAZINE

- May 2014 -

Q: What is Vinyasa flow and what is it good about?

It is a dynamic yoga that connects the movement, the postures and the transitions in the yoga practice with the breathing. The goal is to combine these three elements in a harmonic way. In addition to physics, so practice the awareness of the present moment - to live, here and now, not to think about what you are waiting for or to solve what has already happened.

Q: Could your lessons help people with some specific problem? Which ones?

In general, Yoga helps with almost everything, physically and emotionally. It can work as a physical therapy specially for people with back pain. Yoga postures can help maintain and increase spinal range of motion, as well as strengthen core abdominal and back muscles.

My lessons can be challenging, designed to create a strong body, a quiet mind and a mindful breathing. People increase body awareness and reconnect with their bodies.

The positive results I have seen in my students never stop to amaze me!