



Vinyasa Flow

Adriana is a passionate Yoga Teacher with 2 years of professional experience in teaching Vinyasa Yoga. She first came in contact with Yoga in 2018. It was few months after moving to Ireland, when she tried her first yoga class and since then she never stopped practicing.

She completed 200 hrs in Awakening Yoga Teacher Training online with Patrick Beach & Carling Harps on December 2020 and straight after she started teaching online classes, running workshops and private classes. On December 2022 she completed a training on Preventing & Managing common Yoga injuries with Jason Crandell.

She loves to contaminate her classes with other modern ways of moving and discover the body, incorporating strength and mobility exercises.

Her classes are multilevel based. Truly believing on the concept that every body and journey is different, she always proposes options and alternatives for beginner and more intermediate students along the practice. Classes may be more focused on strength, like Power Yoga practices, either more juicy and soft Vinyasa Flows.

Even though the body exploration is a big focus on the classes, the breath is the connection between calming the mind and staying present in each moment. Each practice itself is an experience, an opportunity to dive into the nature of mind and process of change, growing awareness of sensations and feelings along the journey, to unite all the fractures and pieces of ourselves to create a beautiful mosaic.

Course fees

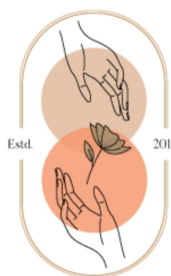
75 minutes single lesson CHF 25 | 10 lessons CHF 200

Trial lesson CHF 15

Registration

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AWAKENING
- YOGA ACADEMY -