



ACCESSIBLE YOGA TRAINING

with Jivana Heyman, Rodrigo Souza, Alessandra Uma Cocchi

ROSETO DEGLI ABRUZZI, ITALY • April 30 to May 2, 2024

Training Goal and Contents

Learning to design yoga classes where all students can practice together in a way that honors and celebrates people of all ages, sizes, abilities, and experience levels, by looking at the essence of the practice, which is by nature an accessible one. [Click HERE for more details.](#)

Training Structure

- 18 in-presence hours
- 22 hours pre-recorded videos

[Click HERE for more details.](#)

In-person Schedule

Tue. April 30:

- from 3:30pm to 7:30pm (4 hours)
- from 9:00pm to 10:00pm (1 hour)

Wed. May 1:

- from 9:00am to 1:00pm (4 hours)
- from 3pm to 7pm (4 hours)
- from 9:00pm to 10:00pm (1 hour)

Thu. May 2:

- from 9:00pm to 1pm (4 hours).

[Click HERE for the daily schedule](#)

Open to

- Yoga teachers.
- Yoga practitioners interested in sharing Yoga for personal or professional reasons.

[Click HERE to know more.](#)

Language

- English
- The sessions will be simultaneously translated in Italian through headphones.

Place

LIDO D'ABRUZZO HOLIDAY RESORT

- Located in Roseto degli Abruzzi, province of Teramo, Abruzzo region, Central Italy.

[Click HERE to know more.](#)

Participation Fees

[Click HERE for all the fee options](#)

- Early Birds up to April 15, 2024.

How to Register

[Click HERE to be guided.](#)