

World-class yoga

World-class yogis on a mission: to nurture your zest for life

OM Yoga & Lifestyle magazine is bringing together top yoga teachers from around the world, all passionate about their yoga, to offer you more opportunities to learn a variety of differing styles. Good teachers can transform your practice so we're doing our bit to bring the best to you.

We're delighted to present this month Italian super yogi Roberto Milletti. We're also introducing others too such as Howard Napper of the UK, and Faith Hunter of the US, through the pages of OM magazine and via our website (ommagazine.com).

Introducing... Roberto Milletti

Roberto is a world-class yoga instructor based in Italy. He is the founder of Odaka Yoga Contemporaneo (odaka.it) in Rome. Roberto has created a style of yoga that fuses martial arts, Zen and traditional yoga postures. This expresses adaptability, transformation and power, melting into each gesture, giving the perseverance and determination of a warrior, and the nurturing peace of acceptance.

Roberto leads his classes through this liquid yoga approach, each wave-like move to overcome barriers or limiting beliefs, where emotional flexibility opens students up to endless possibilities for both body and mind.

He tells his class: "We are not here to do yoga, we are here to become yoga." For Roberto, yoga is a lifestyle, an energy in motion, a total idea both on-and-off the mat. Participation in his lessons means to tap into the idea of being yoga, vibrating to a different frequency, transforming ourselves, experiencing a crescendo of intensity and initiation of ones potential, without exerting unnecessary effort.



Find Roberto in London this October

The first dedicated OM events are scheduled to take place to coincide with The Yoga Show in London this October. Places are limited so please book early.

Yoga Warrior Fusion | Get In Motion your Emotion

All day intensive: Friday, October 28, 2011 (10am - 4pm)
£85

Warrior Dance @ | Feel the Movement

3-hour workshop: Friday, October 28, 2011 (5pm - 8pm)
£40

For full details visit: ommagazine.com/omevents

The Yoga Show



28 29 30 Oct 2011

London

National Hall, Olympia

To book tickets or for further information please visit

www.theyogashow.co.uk