



波浪瑜伽 - 轉化的力量

5月26日 (12:45 - 13:45)

像大海一樣：流動、適應、轉化。這個研習班將會教導大家有意识地將一些僵硬的阻力，如何會應對身體和意識性地變得鬆軟，再把它转化成水的形態。令自己變得柔軟，用身體深諳不同步態，然後在瞬間之間，你將會發現可以超越自己的極限。

The Wave Motion | Yoga Becomes Liquid - The Power of Transformation

26 May (12:45 - 13:45)

Be like the ocean: liquid, fluid, adapting. This workshop gives you the opportunity to create suppleness where resistance to movement is present - to be conscious of where you habitually contract in reaction to unpleasant sensations, and become fluid in both the body and the mind. Create forms with your body and let them go the instant after. You will discover yourself beyond your limits.

感性瑜伽 - 喚醒身體情感引力

5月27日 (11:45 - 12:45)

身體的運動應當順從於內心驅動，而不是隨着理性思想。要把意識於當有舞動的力量釋放出來，我們便需要重新去感受與情緒，而不只是動作的外形。

這個研習班是從內心開始開始，將我們的情感引力，令每個式子在流動中不失平衡，既穩定，亦流暢，並有更大的伸展性。

讓我們與情感融合起來吧！

Move Consciously - Awaken the emotional center of gravity

27 May (11:45 - 12:45)

Intuitive flow expression is more feeling guided than thinking guided. To release physical and emotional blockages, locked deep into your pelvis and hips, you should focus on your feelings and emotions rather than the form and alignment of your pose. This practice starts with inner attunement to your emotional center of gravity, so that you can get in balance and have full stability in each pose, extending and expanding with fluidity and awareness.

Let's blend techniques with natural body expression!



星級大師 Master Roberto Milletti

Master Milletti 是 Ccoaka Contemporary Yoga (「當代瑜伽」) 的始創者。他 13 歲開始他的瑜伽、武術及禪之旅。在聯合專科學院瑜伽導師培訓20年，並以他的「當代觀」深獲講師協會的門生。這深獲的聲譽把他舉到東方無數次，並讓他對這瑜伽也選擇的師，有更深的了解。

過去 15 年 Master Milletti 親力於歐美及澳洲創立及主理「當代瑜伽」學校。更不斷透過於世界各地舉行的瑜伽靜修、導師培訓、會議及研討會，宣傳他的「當代瑜伽」理念及方法。身為「世界瑜伽行動」大使，Master Milletti 亦替意大利的 Yoga Journal 撰寫，講述他的海外瑜伽體驗。

Master Roberto Milletti began his "journey" into the world of yoga, martial arts and Zen when he was 13 years old. For more than 20 years, he has been a leader in yoga teaching, changing the approach to yoga with his "contemporary vision". His "search" has brought him countless times to the East, and given him a deeper understanding of his chosen path.

Over the last 15 years, Roberto has founded and directed Ccoaka Yoga Contemporary schools in Europe, USA, and Australia. Today, he delivers his contemporary message and methodology through his yoga retreats, teacher training, conferences and festivals held all over the globe. As one of World Yoga and Ayanwala Movement's ambassadors, Roberto writes for the Italian Yoga Journal about his overseas yoga experiences.