

WFWP Italy: Yoga Practice in Rome - offload stress and gain extra energy

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May 14, 2016



On 14 May 2016, at the headquarters of WFWP in Rome, a Kundali Yoga lesson was offered to the public by an expert yoga instructor.

We prepared to relax by concentrating on our breathing to liberate our minds and keep our bodies under control in a yoga position. We were then able to let ourselves go with free dancing to the sound of sweet music.

There were many young people present at the meeting who found this new experience very interesting and relaxing.

They found out the importance of stopping their busy lives once in a while and offload some stress and regain some extra energy.

Reported by Elisabetta Nistri
WFWP Italy President

