

## Aurora Losapio

When I was 30 years old I met a Satyananda method teacher. And I felt at home.

1998-1999 I had my first 2 years full immersion in asana, pranayama, meditation.

2001-2004 were the years of my second yoga full immersion, with the best Italian teachers. Torino organized a 3-year long yoga teachers course and this one was more complete with different kind of school/philosophies. In the school matter there was also: mental yoga; asana; pranayama; physiology; yoga with a partner; how to teach; mantra; yoga for children; Shatkarman; anatomy; Sanskrit (introduction); psychology; culture, philosophy and India history.

6/7-7-2005 Milano Marittima-Cervia, diploma PILATES 1° LIV rilasciato da A.I.I.S. (Associazione Italiana Istruttori Sportivi), master Boris Bazzani.

8/9-7-2005 Milano Marittima-Cervia, diploma POWER YOGA 1° LIV rilasciato da A.I.I.S., master Roberto Bocchi.

10-7-2005 Milano Marittima-Cervia, diploma PILATES&YOGA INTEGRATO rilasciato da A.I.I.S., masters Boris Bazzani e Roberto Bocchi.

But my first love, the Satyananda method, was what I continue to teach from the 1999.

Finally for another series of coincidences (!!!) in the 2005 I met Yannick and he introduced me (THANK YOU Y!!!) to Teresa and Jasprit Singh.

A new world was open in front of me. And finally I found the way and the opportunity to grow again.

My following courses were:

6/11-8-2005 Santa Barbara (CALIFORNIA), Russa Yog summer retreat at Singh Family ashram. With Yannick Smits and Jason Blackman.

2005 - 2006 Moncalieri (TO) - Body Line, diploma Power Yoga teacher course.

28/02-8/3/06 New\_Delhi - Golden Temple - Agra, (INDIA), trip and training with Singh Family.

2006- 2007 Torino - Centro di Cultura Ayurvedica Abhaya Dana, first of the 3 years course for ayurvedic operator ([www.medicina-ayurveda.it](http://www.medicina-ayurveda.it)).

2006 - 2007 teaching yoga at Abhaya Dana center for beginners and at the operators course.

2007 Diploma for the ayurvedic course first year conclusion.