



# Master Roberto Milletti's Yoga Contemporaneo Workshop

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Another VIP Master in town. The renowned Italian Master Roberto Milletti who is one of most active yoga advocates in Europe will be at Dickson Yoga to conduct 2 Yoga Contemporaneo workshops. Yoga Contemporaneo is a yoga style created by Master Milletti himself, which explores the extraordinary inner strength of the spiral wave motion. Yoga becomes art in motion, the spiraling body combining traditional and innovative yoga movements into one dance, awakens a flux of inner energy and initiates a crescendo of intensity, intuition and free expression .....Two workshops of different themes to choose from. Don't miss them! Suitable for all levels of yogis.

### Yoga Contemporaneo Workshop 16-17 April 2010

Date	Time	Session Code	Theme
16 April 2010 (Friday)	19:00-21:00	RMWS01	Surfing and Spiraling Flow – Perfecting balancing poses
17 April 2010 (Saturday)	14:00-16:00	RMWS02	Integral Stretching - Intuitive alignment & complete body awareness

\* All classes in English with Chinese translation provided.

HK\$ 488 per session  
(Buy 2 sessions less \$100)

Fees for Non-members:  
Admin surcharge of HK\$200

Early Bird Discount if enroll before 31 March 2010  
HK \$388 per session

#### RMWS01 Surfing and Spiraling Flow - Perfecting balancing poses

Focus on improving balance through Yoga Contemporaneo sequencing of surfing and spiraling flow in an expression of graceful movement and technical perfection. Blend techniques with natural body expression to redefine the concept of physical and mental limitations. Learn to approach the fun dynamics of balancing poses without exerting unnecessary effort.

#### RMWS02 Integral Stretching - Intuitive alignment & complete body awareness

The deeper meaning of asana comes from the intuition at the core of every person. Once we efficiently tap into this, we transform into a deeper understanding of how the yoga relates to our body. This module will introduce integral stretching so as to become aware intuitive alignment and complete body awareness. The exploration of the energy lines in various poses will bring about a greater understanding of how to establish fluidity and ease.

#### Master Roberto Milletti ODAKA Yoga Contemporaneo Founder

Master Roberto Milletti began his "journey" into the world of Yoga, Martial arts and Zen when he was 13 years old and for more than 20 years has been a leader in Yoga teaching changing the approach to the yoga with his "contemporary vision". His "search" brings him countless times in the East, to understand the deep meaning of the path chosen.

Over the last 15 years Roberto has founded and directed Odaka Yoga Contemporaneo schools in Europe, USA, and Australia. Today, he's delivering his contemporary message and methodology, through his yoga retreats and Teacher Training, Conferences and Festivals held all over the globe. Roberto, now one of the World Yoga and Ayurveda Movement's Ambassador, writes for the Italian Yoga Journal about his yoga overseas experiences.

