



ENTE DI PROMOZIONE
SPORTIVA
RICONOSCIUTO
DAL CONI

WHAT YOGASTENIX IS

Is a practice that combines yoga and calisthenics and consists of classes that perfectly harmonise the two disciplines.

The duration of a yogastenix class is 90 minutes. 60-minute classes can also be held.

The level is open

The possibility of an excellent result is within everyone's reach.

Of course, only the perseverance and willpower of the individual can make the difference, but this applies to all sports and gymnastic disciplines.

Furthermore, approaching physical work by combining it with an advanced postural concept is always recommended.

There are no contraindications to this except that it is certainly disadvantageous not to do so.

More often than not, one loses sight of the real goal of what one is doing, when training and exercising constantly, which cannot and should not be of a purely aesthetic nature.

One must undoubtedly aim for a functional result where physical work, understood as postural work, comes first.

The yogastenix has its references in a series of different motor experiences, all very valid from a postural point of view.

Specifically, the positions that we find in the yoga practice and that have always been known and codified are the most interesting always in terms of correct posture. Needless to say, in yogastenix there is no holistic, transcendental or spiritual-meditation aspect in any way.

The support of musical backing for yogastenix classes is essential and the entire class is conducted to the rhythm of music.

The musical themes proposed have a rhythm that is at times fast-paced and lively.

Undeniable is the fact that listening to music and melodies activates the movement areas in our brain.

There have been many studies on this subject, with one clear result: music encourages people to move, induces positive moods and also increases excitement, the desire to get active and exercise.

Of course, having a sense of rhythm is not always easy. It takes patience, perseverance and concentration.

The working time on the individual positions and thus the tightness and isometric contraction in yogastenix is remarkable and far exceeds all the times hitherto adopted by other forms of yoga practice, classical or traditional.

It is not the number of executions that is crucial but, solely and exclusively, the quality of posture that each individual can achieve.

The work of contraction is always and only approached following the principle of "opposing thrusts".

SSD MoveOn Training a R.L.

Società Sportiva Dilettantistica a Responsabilità Limitata

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