Harmonious Breathing Teachers Training with Fabio Andrico

Date : July 23, 2019

Merigar West from July 17th till July 21st 2019.

Harmonious Breathing is a wellness method that anyone can apply. Consisting of a series of simple physical and breathing exercises, it was developed by Fabio Andrico, who has been teaching Hatha Yoga and Yantra Yoga for more than thirty years. It allows us to become aware of our own breath and unblock the tension that makes our respiration shallow and fragmented. By focusing on relaxing the tension that makes us breathe in an unharmonious way, we can experience a profound relaxation that we can take away into our daily lives. Harmonious Breathing is useful for everyone, be they experienced or novice yoga practitioners or anyone else simply interested in breathing more deeply and with better coordination.

The objective of this course was to train instructors in the application of the method. It was open to anyone who already has a solid background in Yantra Yoga or other forms of yoga or breathwork.

Participation in the course was a prerequisite for continuing in training as an instructor, but it was not an automatic guarantee of receiving the instructor certificate at the end of the course.

Almost 35 people attended this course and 13 of them received the certificate of instructor of Harmonious Breathing. Fabio Andrico, as the originator of the method, at his discretion, issued the certificates directly after the course to 13 attendees and also to some people he proposed a later date, since they were not sufficiently prepared and/or mature to teach.

It was really a very harmonious course and everybody seemed to enjoy it. At the end of each session students would train with a neighbor and repass everything that they had learned and understood. Fabio also taught different new methods and clarified some points from the book. I feel very grateful and lucky to have participated!

Congratulations to all new instructors and thanks to all who participated in this course!

Dina Priymak