

Massimo Cantara



Massimo is a 500 Hour Yoga Teacher registered with Yoga Alliance International and a 300h yoga therapy certification with International Vasishta Yoga Research Foundation (Kerala, India). Massimo is also a professional Shiatsu therapist and teacher, a qualified kinesiologist and since 1999 the director of Holismos International Shiatsu School. He also teaches Anatomy and Pyhsiology in many teacher trainings. He is the founder of Three Treasures Yoga, a YAI registered school. Massimo spent 12 years practicing the Zen Buddhist Martial Art called Shorinji Kempo, in London, Italy and Japan (2° Dan) under Sensei T. Mizuno.

Massimo also trained originally as a percussionist, playing for many years in various groups in the UK and in Italy and traveled extensively in Europe and south America performing.

Today one of his main interest is the study of sound, vibration and the effect they have on our lives, health and evolution.

“Elemental World” the newly released CD by Massimo Cantara on Holismos label.

In 2021 he published his book “Ospedale senza dolore” for the Italian publisher Epigraphia.