

Sara Della Torre

Since 10 years she is operator of Shiatsu and Moxa, she graduated from the Hakusha school with a three-year master's degree in Cranio-Sacral Balance for Shiatsu operators, Vodder method lymphatic drainage massage and first level Reiki.

In 2013 she began practicing Hatha and Kundalini yoga, in 2015 she graduated as a Hatha Yoga teacher with the Three Treasure Yoga school of Molly Cofman, Virginia Wood and Massimo Cantara.

She studies every year with different teachers in India and Europe, she has a diploma as a mindfulness facilitator and has become a yoga practitioner for children and schools, dedicating herself to promoting yoga in schools with a playful and non-competitive approach. She collaborates with Manuela Tomba, a psychotherapist in Paris, participating as a yoga teacher in silent Mindfulness retreats with MBCR and MBCT protocols.

At the moment she studies Ayurveda cuisine and Tarology with an evolutionary approach.