

Luisa, originally from Arbus (south west coast of Sardinia), tourist services technician, over time deepens her studies in the territory, botany, Nuragic and industrial archeology. She then continues her studies in the Oriental disciplines with the master of Hatha yoga and postural EFOA, shiatsu, holistic massage (CSEN), sound baths and sensory awakening.

She has unified her knowledge of her to complete her activity, creating complete and satisfying Bionatural wellness programs, with an Eastern orientation.

In addition to being a teacher of Hatha yoga, and wellness paths, she creates yoga events on the beach, in the archaeological and mining areas of the area, highlighting her knowledge of the area.

Practicing Hatha yoga immersed in the unspoiled nature of south-western Sardinia on the Green Coast is a unique experience, for those looking for a link with this land, its sea and the surrounding environment.

The feeling of peace and harmony between body, mind and spirit, in practicing yoga at dawn or dusk, on a wild beach, or immersed in nature among suggestive lakes or archaeological sites and abandoned mines.

Luisa Paola Schirru teacher of Hatha yoga and president of the oriental disciplines yoga center A.S.D.

It has its headquarters in the town of Arbus under constitution 77

The office has three spaces dedicated to the following activities:

- Hatha yoga activities

\* Hatha yoga lessons,

Qi gong. Meditations and harmonic sounds with Tibetan bells.

Lessons can be in group or individual, a venue or (on request) immersed in nature, on the beach or in archaeological and mining sites 2 \* space "psychophysical wellness paths - Bionatural:

\* Shiatsu treatments,

\* Holistic massage,

\* Wellness programs on the feet "structural reflexology of the foot",

\* Sensore awakening with the typical aromas of or aromatic herbs typical of the area

\* Baths and sound messages with Tibetan bells. 3 \* space: room for drinks, herbal teas and snacks