

# Summer Intense Yoga Flow

For EveryBody.

Ashtanga Yoga Golfe Juan,  
Golfe Juan, FR | July 24th-31st

WEEKDAYS: 9:30 AM & 6:30 PM

WEEKENDS: 10:00 AM

You decide how fast or slow to go.

Whether you're looking for a strong, sweaty practice or a less intense flow, options are provided every step of the way.

Big movements, small movements,  
it's all about what feels right for you.

**Prices:** One session: 20 € or 1 AYGJ card pass - Package of five sessions: 80 €

**Info & Bookings:** Email: [hello@yogabodylab.com](mailto:hello@yogabodylab.com)

**Instagram:** @yogabodylab



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This summer, join Sara for a unique vinyasa yoga experience that combines invigorating intensity with a truly inclusive approach, just five minutes from **the beach!**

These sessions are designed to meet you where you are, whether you're a seasoned yogi or a curious beginner. You'll encounter shapes like planks, cobras, standing poses, squats, and core work, but with a twist: the practice is built around **your choices.**



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# SARA CARISSIMO

## E-RYT® 500



Sara started teaching yoga in 2009 and taught full-time for more than ten years, offering a gradual and safe approach to dynamic yoga. She has been trained to pay close attention to the long-term effects of asanas (yoga poses). Her training includes three Yoga Alliance registered teacher trainings (a 200-hour TT and two 300-hour TTs, two of them with Ashtanga Yoga Paris, where she remains a lifelong student) and several continuing education courses, a 1,600-hour Alexander Technique teacher certification (Étapp, Apta, Stat), as well as specialized training in yoga anatomy and trauma-informed educational practices.

She built her expertise primarily in Ashtanga Vinyasa yoga, but also taught Vinyasa flow, aerial yoga, asana technique, and the Alexander Technique in her hometown of Milan, Italy. She has worked with both private and corporate clients, as well as with yoga and fitness studios.

Sara moved to New York City at the end of 2021, where she became certified as a TCTSY (Trauma Center Trauma-Sensitive Yoga) facilitator and as an Accessible Yoga teacher. In New York, she taught power yoga. Coming from a background focused on injury prevention, accessibility, and inclusivity, adapting to an environment that emphasizes intensity was an unexpected but valuable experience. This experience provided a platform for applying her knowledge, helping her understand how to create accessibility and inclusivity, even when working with varying levels of intensity. She moved back to Milan in 2025.

Sara has a background in data science, with experience in social research and a specialization in the sociology of health and non-conventional medicine. She is dedicated to promoting the inclusivity and sustainability of yoga practices through both biomechanical and trauma-informed lenses. She is also critically aware that the conflation of yoga philosophy and professional ethics in the yoga industry is limited and thinks critically about modern yoga.

Sara teaches both in person and online, through live-streamed and on-demand classes, in Italian (her native language), English, and French.