

## PROFESORES/TEACHERS

Profesor FORMADOR de ACROBACIA y YOGA

### TIAGO ROCHA

#### Tiago Rocha nació en Brasil en 1975.

Entusiasta, inventivo y apasionado por el movimiento expresivo, experimentó con el circo siendo profesor de acrobacia. Su inquietud le lleva a conocer otras disciplinas como la capoeira, el surf y las artes marciales. Su búsqueda de conciencia a través del cuerpo le lleva hasta la práctica de Yoga, el masaje Tailandés, y la acrobacia, que ha estudiado y practicado intensamente hasta el día de hoy.

Desde entonces, ha estado practicando y estudiando intensamente y compartiendo su experiencia a través de la enseñanza en clases y talleres de AcroYoga en Barcelona y en toda Europa, profesor certificado de Rocket yoga, Dynamic y Acroyoga entre otras titulaciones.

Su forma de enseñar es paciente, metódica, presente. Conoce la técnica profundamente hasta hacerla completamente suya y personal, sabe guiarte en sus clases y talleres de una manera muy práctica, divertida y consciente. Con una gran calidez y generosidad guía al alumno a una práctica más profunda. Su conocimiento de la técnica y la delicadeza en cada ajuste hacen que el alumno integre de una forma intuitiva cada ásana, creando una memoria corporal que integrará en su Sadhana.

Con inmensa gratitud, él coge su inspiración de sus padres Marcos & Marilia, la libertad y diversión de Acroyoga de Jason Nemer & Jenny Sauer-Klein, Ale Ruiz y la siempre presente Daniela Cao; Susana Garcia Blanco con su espiral expansiva de Anusara Yoga; Masaje tradicional tailandés y Metta profesores Dayalu & Krishnataki (Sunshine Network).

Hoy en día, la práctica y el trabajo de Tiago está principalmente influenciado por: David C. Kyle (Rocket Yoga and Progressive Ashtanga Puerto Rico), Angelo Cecchi (Hatha Yoga and Yoga Iyengar), Aleix Griñó Rios (Sama Yoga Shala - Astanga Yoga Barcelona), Eva Oller (Tradicional Ashtanga Yoga - Be Yoga Formentera) and Sebastián Arbondo (Ashtanga Yoga Osaka - Japan).

Inmensamente agradecido a sus padres y sus maestros, para Tiago **el Yoga es un viaje para toda la vida.**

#### Tiago Rocha was born in 1975 in Brazil

from a family with a great artistic and spiritual sensitivity background. His mother was a professional dancer and painter and his father an illustrator. From an early age, Tiago was in contact with many diverse forms of artistic expression.

During his teenage years he started practicing skateboarding and surfing, which brought him closer to nature and a more conscious and healthy lifestyle. From the martial arts he also practised. Capoeira stands out as his great passion which lasted for several years. The desire to deepen into his body and mind skills took him to Galpao do Circo, a circus school in Sao Paulo (Brazil), where he undertook intensive training and also taught for years. In his quest for connection and awareness through the body he met Yoga, Traditional Thai Yoga massage and acrobatics, which, since then, he has been practicing and studying intensely.

Enthusiastic, inventive and passionate about body movement through space and time, he is mostly found sharing his experience teaching Yoga and AcroYoga classes and workshops in Barcelona (Yoga Bindu Studio), and around Spain and Europe.

With boundless gratitude, he takes inspiration from his parents Marcos & Marilia, the freedom and joy of the Acroyoga from Jason Nemer & Jenny Sauer-Klein, Ale Ruiz and the always present Daniela Cao; Susana Garcia Blanco with an expanding spiral of Anusara Yoga; Traditional Thai Yoga massage & Metta teachers Dayalu & Krishnataki (Sunshine Network).

Tiago has currently as major influence of his practice and work: David C. Kyle (Rocket Yoga and Progressive Ashtanga Puerto Rico), Angelo Cecchi (Hatha Yoga and Yoga Iyengar), Aleix Griñó Rios (Sama Yoga Shala - Astanga Yoga Barcelona), Eva Oller (Tradicional Ashtanga Yoga - Be Yoga Formentera) and Sebastián Arbondo (Ashtanga Yoga Osaka - Japan).

Immensely grateful to their parents and teachers to Tiago says: **Yoga is a lifelong journey.**

