

SEASKIN LIFE



PRESENCE

*Mediterranean Modern Wellness.*



# HATHA YOGA CONNECT

## Mind body and spirit

We believe that Wellness is a way of being, it is achieved by maintaining the balance between Yin and Yang. A constant practice of yoga helps you to be more present in your body, to be more relaxed, flexible and loving with life, and to dissolve ancient tensions nested in the body .

## *PURPOSE* PRESENCE / BENEFITS

YOGA IT'S NO FITNESS OR STRETCHING,  
IT'S MORE THAN PHYSICAL POSTURE.

WE CONNECT THE MOVEMENT OF THE BODY AND THE  
FLUCTUATION OF THE MIND, TO THE RHYTHM OF OUR BREATH.

THE BREATH HELPS US TO DIRECT OUR ATTENTION INWARD,  
AND TO RECOGNIZE OUR DIVINE ESSENCE.

**IMPROVE FLEXIBILITY,  
BALANCE AND POSTURE, BUILD'S  
MUSCLE STRENGTH, PREVENT  
CARTILAGE AND JOINT BREAKDOWN,  
INCREASE BLOOD FLOW, REDUCE  
STRESS, BOOST IMMUNE SYSTEM,  
ENCOURAGE SELF CARE AND  
A HEALTHY LIFESTYLE.**

A photograph of a person's hands resting on a tree trunk. The person is wearing a light-colored, possibly white, dress. The background is a natural setting with trees and foliage. The text "SEASKIN LIFE" is overlaid at the top, and "ENERGY" is overlaid in the center. At the bottom, there is a tagline: "Mediterranean Modern Wellness."

SEASKIN LIFE

ENERGY

*Mediterranean Modern Wellness.*



# CHI KUNG VITAL ENERGY

Chi- means vital energy, breath of life

Kung means practice constant and hard work

This art dates back more than 4,000 years and was transported and taught in China by the illustrious monk and master Bodhidharma.

Today there are many deriving styles that have developed over time, but this practice in particular is divided into 4 important steps.

**THE FIRST ONE** IT ACTS ON THE PHYSICAL BODY, THROUGH MOVEMENTS CONNECTED TO A CONSCIOUS RESPIRATION IT GOES TO FORTIFY THE JOINTS AND TO RELEASE THE ENERGETIC BLOCKS THAT PREVENT THE FLOW OF ENERGY IN THE MERIDIANS, THEY STRENGTHEN AND LENGTHEN THE MORE INTERNAL MUSCLE BANDS, THOSE THAT SUSTAIN THE BONES.

**THE SECOND STEP**, DYNAMIC AND SLOW (TAI CHI CHUAN) POSITIONS ARE USED THROUGH CONSCIOUS BREATHING AND SLOW AND COORDINATED MOVEMENTS ,A GREATER PHYSICAL CONSCIENCE DEVELOPS OF THE WHOLE BODY AND OF THE BREATHING, BRINGING THE ATTENTION BACK INTO ITS OWN ENERGY FIELD.

**IN THE THIRD STEP**, THROUGH A CORRECT POSTURE OF THE BODY, SLOW AND CONSCIOUS BREATHING AND STANDING MEDITATION POSITIONS, WE DEVELOPED THE ABILITY TO LOOK INWARD, TO OBSERVE THOUGHTS AND EMOTIONS WITH DETACHMENT, REALIGNING BODY MIND AND SPIRIT AT THE PRESENT MOMENT.

**THE FOURTH AND FINAL STEP** INCLUDES A SERIES OF SELF-MASSAGE TECHNIQUES USEFUL FOR BECOMING AWARE OF THE ENTIRE BODY AS AN ABSOLUTE UNIT, AS WELL AS FREEING IT FROM STRESS AND REPPRESSED TENSIONS. THIS PRACTICE DURING ALMOST 1 HOUR.

**A CONSTANT PRACTICE OF THIS DISCIPLINE CONNECTS US TO OUR HIGHER SELF, TRANSFORM YOUR EMOTIONS AND TO CULTIVATE POSITIVE VIRTUES, IMPROVING THE QUALITY AND DURATION OF OUR EXISTENCE.**