



Yoga e Lomi Lomi Nui Résumé

+39 349 0525296 - irene.rinaldi@hamsa.it
www.hamsa.it

Hamsa Irene Rinaldi was born in Rome. She graduated in Singing from the Santa Cecilia's Conservatory of Music in Rome with a degree in Music Therapy from the "Glass Harmonica" according to the method of Rolando Benenzon.

She started practicing yoga as a means to improve her quality of life, to change some of her habits with the objective of learning breathing techniques that allow purification of the body, that increase mental acuity and develop maximum concentration skills during and artistic performance.

She came into contact with Hawaiian culture in 2020 first with the practice of Ho'Oponopono meditation and then with the Lomi Lomi Nui massage.

EDUCATION

Irene began practicing yoga in 2005 under Anna Scortegagna doing pranayama, mantra and asana according to the schools of B. K. S. Iyengar, S.T. Krishnamacharya and T. K. V. Desikachar.

In June 2011 she graduated as a Yoga Teacher under Marina Laurenzana (Viniyoga and Vinyasa Krama method), completing a four-year course and obtaining the certification of the Krishnamacharya Healing and Yoga Foundation (<http://www.khyf.net/>).

The course includes the study of both the technical aspects of the discipline (asana, pranayama, bandha, how to build a yoga sequence) and those of theoretical philosophy (Yoga Sutras of Patañjali in Sanskrit, the Vedas, the Vedic Chanting).

In order to deepen her yoga skills, Irene attended a course in Vedic chanting, under the same teacher. Since she is a singer, she wanted to improve her attention, memory and listening skills. She is also certified by the National Educational Sports Center. In June 2014 she achieved Kaniṣṭha Sanskrit Level at Bhaktivedanta Library with the teacher Iacopo Nuti.

In February she graduated as a Certified Kids Yoga and Meditation Teacher (Balyayoga Method).

In 2012 she attended a lecture by Thomas Hübl and in 2013 a stage of Hata Yoga by Antonio Nuzzo. She practice the Alexander Technique following a course with Antonella Massimo at the Santa Cecilia's Conservatory of Music.

To further her education again, she also attended Yoga Kundalini classes under Tyler Micocci, Hata Yoga classes under Antonella Massimo, Viniyoga method classes under Enrica Guardati, Hata Yoga Flow classes at the YogAyur center under Federico Insabato, Forest Yoga and Yin Yoga classes under Valerio Circosta.

She practice Thich Nhat Hanh's walking meditation and other kind meditation techniques deepen with Paola Benigni, such as Vipassana, mindful meditation, meditation with ujjāyī prāṇāyāma and Hong-so / Haṃ Sa (Haṃsaḥ) and meditation on the point.

In March 2021 she integrated the ancient Hawaiian massage Lomi lomi Nui into the discipline of yoga, attending a professional training course at the Agāpi center according to the Barbara Hau'oli Okalani technique and the Institute of Human Sciences (ISU) according to Diabasi method by Duilio La Tegola. This holistic technique aims to bring relaxation, harmony and love, through breath, dance, touch and music, which are elements that have always been part of her life.

PROFESSIONAL EXPERIENCE

Lately she practice of the Hawaiian massage technique which aims to bring relax, harmony, through breath, dance, touch and music. The elbows, forearms, palms of the hands, fingers, knees and feet are used to massage different parts of the body, with a series of slow, long, rhythmic manual movements alternating with phases of relaxation and rocking. Oils and essences with particular properties accompany the treatment.

In 2017, as a teacher, she directed her own program "Aiutami che ti aiuto" ("Help me Help you") at the Festival Tolfarte Kids in Tolfa (<https://www.tolfarte.it/homepage/storia/2-uncategorised>). A group yoga practice for adults and children that perform the positions in pair (a child and an adult). (<http://www.hamsa.it/6-agosto-2017-tolfarte-kids/>).

In 2014 and 2015, always as a teacher, she directed her own program Un'orchestra...la voce e il respiro ("An orchestra: the voice and the breath") at the Yoga Festival in Rome, a yoga practice designed for those who use the voice and the body as a daily work tool: actors, singers, teachers, presenters, voice actors...

<https://www.youtube.com/watch?v=fxrRkpPHSyE> (parte musicale della pratica)

<http://www.yogafestival.it/eventi/roma-2014/>

<http://www.yogafestival.it/wp-content/uploads/2017/01/programma-YFroma15.pdf>

<http://www.hamsa.it/yoga-e-musica/>

For a number of years she has been teaching yoga to a group of seniors at the center "Bel Respiro" in the splendid setting of Villa Pamphilj in Monteverde, where she has gained significant experience

Irene often tailors yoga sessions to meet specific individual needs, and above all for actors, musician, singers and for everybody who use the voice as a "main working tool". She has worked with the "Kylan" in Palazzo Taverna, the IALS Center, Armonia dei Contrari, Clivio Bistrot, Yoganostress Center and OroInCentri Association. She has worked as substitute teacher with the Integral Yoga Association San Paolo Sports Center, founded in 1987, Villa York Sporting Club (Gianicolo venue) and Vivi Bistrot in the free Yoga review "Vivi il Saluto al Sole" at Villa Pamphilj

Irene subscribes to the principles of Viniyoga, (Yoga Sutra of Patanjali, 3.6), in which it is necessary to go through an exercise in a gradual progression. This is a necessary strategy as one enters and exits yoga exercises, to prevent any potential, stressful conditions.

The same principles apply to prānāyāma and meditation in which the practice must take into consideration individual differences, even when performed in group settings

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