



**Yoga Suite**  
is a yoga studio

study,  
practice,  
teacher training.



# Yoga Suite

## is a yoga studio

dedicated to study, practice and teacher training.

The founder and director of the studio is **Yoss Giancarlo Miggiano**, CSEN Instructor (CSEN; Centro Sportivo Educativo Nazionale: National Sport and Education Centre), certified by Yoga Alliance E-RYT500 and RPYT.

Yoga Suite has been created to share the infinite beauty of yoga and the chance to overturn our thoughts patterns in order to realize that harmony, inner wellness and joy arise in every human being.

Our studio is the most important yoga centre in Italy for **Pregnancy Yoga** and Yoga post partum; furthermore, it is the only teacher training centre to use the “Yoga and Medicine” method, half way between scientific knowledge and the power of awareness; in this way yoga teaching is enhanced with the medical-scientific element. Our courses are qualified by CSEN/CONI (CONI: Comitato Olimpico Nazionale Italiano: Italian National Olympic Committee)(legal qualification to teaching profession) and Yoga Alliance RYS (Registered Yoga School) and R-PYS (Registered Prenatal Yoga School).

this is your space

an oasis where you can relax

take off your shoes

enjoy yourself and the art of leaving

feel free, thinking, think, nail

this is a place where you will be free

take your time and breathe

sense the room and use your feet

and open your heart

laugh, cry or be crazy if you like

this is  
your  
space



YOGA SUITE

Our yoga classes are scheduled from Monday to Saturday, ranging from Light Yoga to Power Vinyasana, from Hatha Yoga to Pranayama and meditation classes.

All the teachers are highly skilled and rank among the best teachers in Italy. All of them will inspire trust and drive to your practice.

Yoga Suite is located in a penthouse apartment with a breathtaking view on Rome cupoles and parks in via Flaminia 203, ten minutes walking from Rome historical site.

Opening soon: a second yoga to be opened studio in Rome in September 2016.





# Yoss Giancarlo Miggiano

Founder and Director  
Yoga Alliance E-RYT500

Yoss motto is “steadiness in motion”, meaning that peculiar mind attitude that combines deep union and physical self-perception, a state in which the mind is both aware and creative, getting out of the usual mental and emotional processes.

He dedicates the teaching of his personal Yoga Vinyasana style to the achievement of that life condition; his yoga style combines his long dated knowledge of martial arts with the different yoga styles he has practiced.





Yoss has been internationally qualified by Yoga Alliance E-RYT500, RYT500 and RPYT and he is one of the three qualified masters at a national level as CSEN Expert Yoga Master. His training began in 1989, when he approached Shin Jitsu warrior art and Hatha Yoga.

In 1996 he gave up his career as a lawyer to devote himself to martial arts and yoga teaching at Odaka studio; he there specialized in one to one yoga (individual lessons of healing yoga, Prananyama (Yoga breathing technique), Yoga for kids and Prenatal Yoga.

Once he attained the senior Instructor qualification, in 2006, he was responsible for the management of Odaka Yoga studio in addition to holding individual and collective classes, master classes and teacher training.

He is continuously improving his knowledge thanks to the meeting with several inspiring yoga teachers from all over the world: Akira Watamoto-Japan, Duncan Wong-USA, Mark Withwell-New Zeland, Patrick Oancia-Japan, Carrie Anne Fields-Australia, Dickson Lau-Hong Kong, David Sye - Uniteds Kingdom, Antonio Nuzzo-Italy.

At present, he joyfully and passionately manages Yoga Suite, which he founded in 2011; at the same time he teaches yoga in collective classes, workshops, yoga retreats and professional teacher training.

Yoss is also the founder of [yogaprenatale.it](http://yogaprenatale.it), the first Italian web site to be dedicated to pregnancy and post partum yoga.

He is a member of the Managing Committee and of the Technical Board of CSEN Settore Nazionale Discipline Olistiche.

He is also a member of the Managing Committee of the International Federation of Yoga Teachers and instructor of the World Movement for Yoga and Ayurveda.



## Acknowledgements

**2012** Comitato Direttivo Settore Nazionale Discipline Olistiche Benessere CSEN

**2012** Commissione Tecnica Settore Nazionale Discipline Olistiche Benessere CSEN

**2012** Csen/Coni - Maestro Esperto di Yoga

**2011** Yoga Alliance E-RYT500 Experience Registered Yoga Teacher 500hrs

**2011** Yoga Alliance RPYT Registered Prenatal Yoga Teacher

**2010** Rainbow Yoga Kids - Intensive teacher training 50 ore

**2009** Yoga Alliance E-RYT200 Experience Registered Yoga Teacher 200hrs

**2009** Yoga Alliance RYT500 Registered Yoga Teacher 500hrs

**2008** Comitato Direttivo Confederazione Ufficiale Italiana di Yoga

**2008** Istruttore Senior Odaka Yoga

**2007** Istruttore del World Movement for Yoga and Ayurveda

**1997** Istruttore di Yoga di Odaka

**1996** Cintura Nera Shin Jitsu Ryu

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**apd YOSS**

*Via Flaminia, 203 Rome - Italy*

*+39 328 355 45 00*

*contact@yoss.it*

*www.yoss.it*

