

Tom Ghiretti, Ki Healing Yoga Teacher

Tom has been practicing yoga for four years and has been teaching yoga since 2010.

His basic goal is to have his students become aware of the body and to calm the mind. He believes that by stretching and twisting the body, we unlock the energy pathways of the body, resulting in a natural healthy state.

Tom has fulfilled the requirements of BMC training and is certified to offer individual and group holistic training. He has completed Do Tong training, healing Chakras workshops and Tao Meditation Tours.

For Tom it is really simple: "We don't even need to try, we are all one."