

WORKSHOP WITH EDDIE STERN 18-19-20 SEPTEMBER 2026

Dates: 18-19-20 SEPTEMBER 2026

Location: Torino, Via Gabriele Bogetto 4g



I am thrilled and very honoured to announce that Eddie Stern will be in Torino for the first time!

This three-day seminar will include many aspects of yoga, including Eddie's approach to asanas and pranayama (breathing) called Yoga Sangraha. Eddie will also give lectures on his forthcoming book, Concentration, The Practice of Presence, which explains a five-step process on how Yoga teaches concentration, and how it differs from our usual ideas of what it means to focus. Concentration is one of humanities most valued attributes, yet it can be so hard to actually do it. Yoga describes clearly what concentration is, what the mind is, and how to use it - Eddie will cover these ideas in simple ways over this weekend. He will also lead chanting and meditation practices within each lecture.

EDDIE STERN

Eddie is an esteemed yoga teacher, author, and researcher based in New York City. He is the founder of Broome Street Ganesha Temple in Manhattan, author of the best-selling One Simple Thing, A New Look at the Science of Yoga and How it can Change Your Life, and is the co-creator of the Breathing App. He has a multi-disciplinary approach to yoga which includes studying traditional texts and combining the application of the practices contained within them to science, research, technology and collaboration.

He is involved in evidence-based research in the healing capacities of Yoga, recently completing a masters in science for yoga research at the Vivekananda Yoga University.

Eddie's new offerings include 'Healing through Breathing' an Audible Original and The Breathing App for Diabetes, both released in January 2024. Eddie has been practicing yoga since 1987 and has spent the past 35 years traveling yearly from New York to study yoga, philosophy, ritual, and Sanskrit with his teachers in India. Whether in conversation, class or lecture, Eddie makes learning yoga and yogic traditions accessible to all and easily understandable with an approach that is intentionally uncomplicated.

Experience of yoga practices is not essential to come to the workshop.

All the classes and talks are open level and for practitioners of any type of yoga. Age 12 and up most welcome.

WORKSHOP PROGRAM

FRIDAY 18th Sept. 2026

- 15:15–16:45 Practice: Sun Salutation class
- 17–18:00 Practice: Pranayama Level 1
- 18:15–20:15 Lecture: Five Steps for Concentration in Yoga

SATURDAY 19th Sept 2026

- 08:00–10:00 Practice: Kriyas and Yoga Sangraha Level 1
- 10:30–12:00 Lecture: An Introduction to How Yoga and Western Science work together
- 14:00–15:00 Lecture: Five Steps for Concentration in Yoga
- 15:15–17:00 Practice: Pranayama and Introduction to Yoga Sangraha Level 2

SUNDAY 20th Sept 2026

- 07:30–8.15 Pranayama Introduction to Level 2
- 08:30–10:00 Yoga and Strength
- 10:30–11:30 Lecture: Five Steps for Concentration in Yoga

CLASS AND LECTURE DESCRIPTIONS

Pranayama Level 1

This is an introductory pranayama practice where you will learn how to slow the breath down to bring a deep calm to the nervous system. It is an accessible, gentle, but highly effective practice, suitable for all levels. We will do eight different breathing patterns over the course of 40 minutes, followed by a short relaxation practice.

Pranayama Level 1+2

This pranayama practice has the same impact as level 1, but introduces two extended practices that are both energizing and grounding. We will do eight different breathing patterns over the course of 40 minutes, followed by a short relaxation practice.

Sun Salutation Class

The Sun Salutation class is a lot of fun. We do the 6 different types of Sun Salutes from Yoga Sangraha, and then six different dands from the Hindu wrestling tradition called Kushti. This is followed by a few standing asanas, cool down seated postures, and slow breathing and meditation to finish. In this class you will also be introduced to some of the fundamental building blocks of Yoga Sangraha Level 1. It is an energetic class, but accessible to all.

Yoga Sangraha

Sangraha means “a collection” or “compendium.” This class is a grounding and calming sequence of postures arranged in a specific order, which has a positive effect on the nervous system. The postures come from the larger Hatha Yoga tradition, but not from any one lineage. Eddie has put these sequences together over the past couple of years of experimentation and exploration of Hatha Yoga practices and texts.

Kriyas

Kriyas are energizing and purifying practices that largely stimulate the digestive fire and support digestive function. These are fundamental Hatha Yoga practices that can be incorporated into your routine several times per week.

Yoga and Strenght

This is a challenging class that combines Yoga with classical Indian physical exercise practices, including different types of pushups and squats, along with dynamic practices that are cardiovascular in nature. There is about 40-50 minutes of Sun Salutations, dynamic practices, and strength building and mobility practices, followed by calming asanas.

Lectures

The entire series of lectures this weekend will be oriented towards understanding the underlying mechanisms that make yoga a highly effective practice of our body-mind-spirit existence. We will discuss from Yogic and Western views how the different yoga practices effect the neuro endocrine system, which is largely responsible for how we respond, adapt, and perceive ourselves and reality.

We will discuss how the practice of yoga can create enduring states of calm, quiet, and insight in the body and mind.

COSTS FULL WORKSHOP

PAYMENT DETAILS

300€ regular price

150 € Friday or Sunday

190 € Saturday

To be officially registered for the workshop please send a bank transfer to
LAURA CIPOLLONE

iban IT54Q36772223000EM002453354

bank transfer reference: NAME SURNAME Eddie Stern workshop 2026

Cancellation no refund.

The lectures will be translated into Italian by an interpreter.

Your slot is reserved upon payment, spots are limited.

Bring your own mat.



Please contact me if you have any further questions.

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