

transformational YOGA

with Cecilia Ricci



Let's move, breathe, and grow,
together.

BIO

I found yoga over a decade ago, captivated by its ability to bring strength, balance, and clarity into daily life. My practice is rooted in Vinyasa yoga, blending dynamic and powerful sequences with mindful breathwork to create a transformative experience on the mat.

With a background in ballet, I bring fluidity and alignment to my teaching, focusing on building both physical strength and inner resilience. I completed my yoga teacher training in Bali, where I deepened my understanding of yoga as a holistic practice that connects body, mind, and spirit.

In my classes, I emphasize not only movement but also deeper connections—with the earth, with each other, and with ourselves. Flowing through asanas with intention, we connect breath to movement, creating a moving meditation that grounds and energizes. Each pose is a space to cultivate strength and awareness, while the transitions invite grace and presence, weaving power and flow into every practice.

Through poses inspired by nature and other beings, we explore different perspectives, dissolving the boundaries between us and the world around us. We breathe together, share energy, and cultivate compassion, literally 'feeling emotions with' one another. This approach helps us expand beyond individual limits and embrace our collective oneness.

I believe in the power of community—creating a space where we can come together to support and inspire one another on this shared journey. My classes are designed to challenge and uplift, offering a space to explore your potential, deepen your awareness, and reconnect with your true self.

“You cannot do
yoga. Yoga is your
natural state.”

Sharon Gannon



“The beauty of yoga lies in finding the soft spot within an asana—the delicate balance between effort and ease. It’s that space where the discomfort whispers of growth, yet the breath flows freely, anchoring you in presence...”



“..Here, you challenge your edges, not to push through pain but to discover your strength, resilience, and inner stillness. This is where transformation begins—a dance between effort and surrender.”

Teaching

Yoga for beginners Alignment focus

This class is designed for those new to yoga or looking to refine their practice. We focus on building a strong foundation by emphasizing alignment, breathwork, and mindfulness in every pose. You'll learn the fundamentals, explore different postures, and gain a deeper understanding of how to move safely and effectively on the mat.

Slow and Relaxing Flow

A gentle and calming flow that invites relaxation and mindfulness. This class slows down the pace, focusing on deep stretching, breath awareness, and easing tension in the body. Perfect for those looking to unwind, reduce stress, and connect with a sense of peace. Let your breath guide you as you flow into each movement, embracing stillness and calm.

Slow and Strong Flow

This class combines slow, intentional movement with a focus on building strength. We move through each posture with control and awareness, engaging the body deeply while holding poses longer to build muscular endurance. It's a powerful yet steady practice, designed to challenge both your physical strength and mental focus.

Intense Vinyasa

For those seeking a more dynamic and energetic practice, this class features a vigorous Vinyasa flow with quick transitions between poses. We focus on linking breath to movement to build heat, strength, and flexibility. Expect to sweat as you flow through sequences that challenge your body and push you to new limits.

Pregnancy Yoga

A gentle and supportive class for mothers-to-be. Focus on mindful movement, breath awareness, and easing tension, leaving you feeling calm and connected. Perfect for embracing this special journey with a sense of ease and empowerment.

Mindful Pilates

A balanced and grounding practice to strengthen the body and calm the mind. Focus on core stability, breath, and mindful movement, leaving you feeling centered and aligned. Perfect for building strength while moving with intention and ease.





One to one classes

A personalized yoga experience designed to meet your individual needs and goals. In these private sessions, we focus entirely on your practice, offering tailored guidance, specific adjustments, and a deep dive into alignment, breathwork, and techniques that will enhance your overall well-being. Whether you're new to yoga or a seasoned practitioner, these sessions provide the space and attention to progress at your own pace.



Group classes

Join a supportive and uplifting group of like-minded individuals for a shared yoga experience. Group classes offer a dynamic environment where you can connect with others while practicing a variety of poses and flows. Each session is designed to challenge and inspire, providing an opportunity to learn and grow as a community. Whether in-person or online, these classes foster connection, energy, and a sense of collective support.



Community classes

These classes are designed to bring people together in a nurturing, inclusive environment, where everyone is welcome. They offer a space to practice yoga, share energy, and deepen connections with others in the community. Whether you're new to yoga or have an established practice, these classes emphasize compassion, shared growth, and collective healing.

