

Embodied Yoga Workshop

With Federico Blardone

Early Bird
Offer Until
September
10th

October 18 and 19, 2025 – 3 sessions across the weekend
Attend the full workshop or join individual sessions

At More Yoga Madrid, Plaza del Conde de Miranda 1, Local 1

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MADRID

Embodied Yoga Workshop with Federico Blardone

A journey into presence through movement, breath,
and awareness.

Join us for a weekend workshop designed to awaken the intelligence of the body through fluid movement, breath awareness, and somatic exploration. Rooted in yoga and enriched by dance and natural movement patterns, this practice invites you to reconnect with your body in a playful, mindful and deeply embodied way.

This workshop is open to movers of all kinds: yoga practitioners, dancers, athletes, martial artists, teachers, and anyone curious about the body as a source of wisdom and creativity.

Session 1: Embodying the Spine, Shoulders and Arms

Saturday, 12:00 – 15:00

A dynamic and exploratory session focusing on the spine, shoulders and arms. Learn to support and refresh your yoga practice through fluid motion, wave-like sequences, and the integration of natural movement patterns.

What to expect:

- HOO breathing and grounding into the present body
- Exploration of supine, seated, kneeling and standing patterns
- Awakening spinal waves and flexibility through mindful repetition
- Shaking to stimulate the nervous system
- Embodied flow across all movement planes
- Dynamic backbends, spirals and transitions
- Using body weight and momentum to move with ease
- Embracing simplicity and presence as powerful tools

Session 2: Breath and Presence through Embodied Yoga

Saturday, 16:00 – 18:00

An introspective session connecting breath and movement. Through gentle solo and partner touch practices, we will explore breath as a felt experience and move towards a traditional pranayama technique with deeper awareness.

What to expect:

- Centering and breath awareness
- Soft movement to synchronize body and breath
- Partner practices to sense the breath's natural rhythm
- Guided attention and mindful presence
- Bhramari Pranayama with Shanmukhi Mudra in an embodied context

Session 3: Embodying the Hips

Sunday, 12:00 – 15:00

A deep dive into hip mobility, stability and integration. Discover fluid movement patterns that emerge from the hips and learn to apply them in yoga and functional movement sequences.

What to expect:

- HOO breath and presence practice
- Hip-focused mobility and stability drills
- Movement in supine, prone, kneeling, squatting and standing positions
- Nervous system activation through shaking
- Full-body embodied flows in all movement planes
- Intuitive sequencing and weight-shifting transitions
- Verbal tools to co-create an embodied group space
- Simplicity and awareness as the heart of movement

Ticket options

Full Workshop Pass – 3 Sessions

This ticket gives access to all three sessions across the weekend.

Early Bird (until September 10th): €120

Standard prince (from September 10th onward): 150€

Single Session Ticket

This ticket is valid only for one specific session.

Early bird (until September 10th): €50

Standard price (from September 10th onward): €60.

[BOOK NOW!](#)

Tickets are non-refundable. However, in exceptional cases, if the spot is filled by someone else, a refund may be considered.

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