



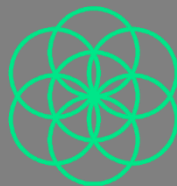
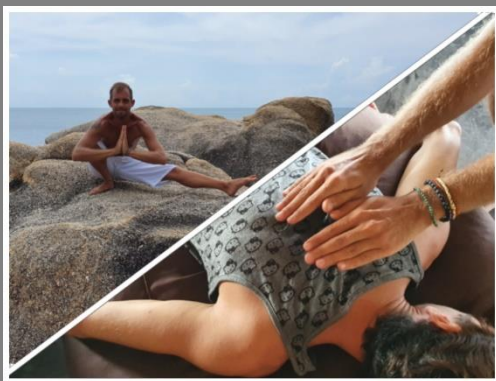
STEFANO PIPOLETTO

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Stefano is a Reiki Grand Master and Yoga teacher, founder and master at SP-life-energy. He has been passionately learning, practicing, and teaching Reiki and Yoga. His passion has led him to search out his own personal development throughout the world. He has travelled to Bali for his Reiki courses, attended under the guide of master Punnu Singh Wasu (www.punnuwasu.com), and to Thailand, in Koh Samui for his Yoga teacher training, attended at Vikasa Yoga Resort under the guidance of Konstantin Miachin (www.vikasayoga.com). He spent over 4 months in Thailand learning as much as possible from all the teachers and mentors he met there. He is now teaching private yoga classes, yoga philosophy courses, reiki courses, performing reiki and meditation sessions with the aim to help as many people as it's possible. He is also organising Yoga and Reiki special retreats around the world.

The mentality he learnt from Vikasa school is Evolution. The concept of "evolution of yoga" is based on the notion that everything in the world evolves constantly, including human beings. Our primary goal as a human race and that of any living organism is evolution, and yoga can be seen as a tool to facilitate such evolution in any given individual. However, as the practice of yoga itself changes with time and place, as new techniques are being introduced, the approach is becoming more technical, precise and scientific, any definition of it as a system or style seems to be a limitation in itself. Therefore, the "Evolution of Yoga" approach has to be seen as an ever-evolving process, based on classical hatha yoga techniques, which anyone can be a part of, rather than a complete static system.



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yoga, meditation, reiki

