

About Francesca & Luigi

Driven by their passion for practicing and sharing, Francesca and Luigi are a couple of instructors who come from the sunny Sicily, an island in the south part of Italy. They met 9 years ago and fell in love also thanks to acro-yoga. Luigi is a Thai and Chinese massage (tuina) therapist and thanks to his passion for ancient arts he also became a taiji Chuan teacher with more than 10 years of experience and a Meditation teacher. Francesca comes from the dance world and she is a psychologist who loves the special way acroyoga make people connect and support each other with an open mind attitude, work on personal strength and boundaries, experiment the "being in the present moment". They are "Partner Acrobatics" and "Acro Love" certified teachers.

In their practice, they love to create fluid and elegant flows but also enjoy the energy of speed and tempo through whips, whip-pops, and Icarian games. They focus their training and teaching on small details and love to break down complicated moves with ease creating progressions to make sure success even more complex tricks. They believe that practicing acro yoga is a lucky opportunity to grow as human beings, to best express every one own potential and to contribute creating a community of people focused on sharing, supporting and enjoy life. In their way of teaching, there is always a bit of irony between them to remind that smiling is the spice of life.

They often perform, teach regular classes, organize workshops and retreats all over the world. They are co-founders of the "AcroFusion Teacher Training", an acro yoga program to become a teacher. The event they like most is the "Sicily Acro Convention", a cool acrobatic convention they organize in the summer, bringing together many national and international teachers and participants in a marvellous Natural Reserve!

They strongly believe that creating a joyful atmosphere during the classes help people to bring out their inner sun (the warm, playful, enthusiastic part of them) and to be part of a healthy community where a beautiful laugh never fails!

You can find her and Luigi:

<https://www.facebook.com/SicilyAcro>

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