



ABOUT

# JOHN LIZCANO

Meet John, he became interested in the Yoga world while practicing and competing as a sports gymnast in his native country, Colombia.

After an injury to his wrist, he decided to seek a healthier discipline following the path of yoga. John then moved to Europe where he became immersed in deeper yoga practices: Ashtanga vinyasa system, Yin, Sivananda, Dharma, and Rocket yoga. As important as yoga is the biomechanics of movement ensure a safe application of yoga and are a key emphasis in his classes.

John undertook his first formal yoga training in India (Rishikesh and Goa) developing a profound respect for Eastern culture and teachers.

Back in Europe, John did his first Burmese Vipassana meditation retreat and years later trained with the Ajahn Chah Forest Monks of the Thai Forest tradition.

Currently, his classes take a more organic approach to the body, combining both, Western and Eastern techniques to teach in an unique way, focusing on a smart approach to flexibility, mobility and presence.

He encourages practitioners to enjoy the yogic combination of grit, equilibrium, alignment, creativity and presence.