

#### 4. Different types of yoga - Traditional yoga

There are lots of different types of yoga, so you can choose what suits you best.

Hatha Yoga is often good for beginners, because you hold each position for a few breaths.

In Vinyasa Yoga you change position much more quickly and you might get out of breath.

Bikram Yoga is sometimes called 'hot yoga', because the room must be heated to around 40 degrees.

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Aprire il file "Acquisti" e selezionare i soli SERVIZI di durata di 36 mesi

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- **Quando si rende necessario convocare una conferenza di servizi ai sensi della L.241/90 e ss.mm.ii. per approvare un progetto di fattibilità tecnica economica e quali soggetti invitare**