

Irmgard Kuchernig is a Zürich (CH) based Flying Yoga Teacher, Movement Educator, Author and Holistic Wellness Expert. An intense re-search allowed her to study nature's healing modalities around the world and integrating its essences in a contemporary understanding for 21st centuries' spa & wellness spaces. Dedication for her profession is a clear mirror of her personal journey. She found a path to mental health, emotional contentment, physical wellbeing, psychological freedom and spiritual connection.

Irmgard discovered Yoga as a teenager. In 2004, an assignment in India brought her back to her practice. A profound meditation experience reminded her of the benefits of yoga. Her daily yoga practice and teaching focuses on deepening physical awareness and alignment to reveal and release the natural freedom of the body, particularly the spine.

Her work is a gravitational yoga practice of flying and grounding; a sensory journey exploring the relationship between the parts of the body. Awareness and attention is trained to develop 'a felt sense', impose less, and allow the intelligence of the body to reveal itself. The experience is the process of undoing tension and finding integration, especially of the 'inner body'.

For never planning to teach yoga movement, her journey has taken her far beyond the quote of 'never say no'. Irmgard completed over 800hrs of teacher trainings and immersions in various styles like Anusara, Vinyasa, Yoga Therapy, Pre-Natal Yoga, Kids Aerial Yoga, Flying Yoga and Scaravelli Inspired Yoga. Her own yoga practice stretches over 20 years and she has been teaching since 2009.