



# YOGA INTENSIVE WORKSHOP

*Set the Foundations and  
Open to Grace*  
**with Luisella Rossi**



## TWO SESSIONS

Tuesday, April 15, 3–5 pm or Saturday, April 26, 12–2 pm

- Deepen your yoga practice with expert guidance
- Explore and refine basic standing and balancing poses
- Focus on the Universal Principles of Alignment
- End with a calming pranayama (breathing) session to center your mind and body

## Who Should Attend?

- All levels of practitioners are welcome—whether you're just beginning or have years of experience.
- Come with an open heart and a curious mind, ready to discover new dimensions of your practice.

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