

"The only way to make sense out of change is to plunge into it, move with it, and join the dance." - Alan Watts

SATURDAYS

9:00AM | LEVEL 1/2



YOGA DESA

Tulsi teaches an elevating class where students explore methods of the 8-limbed path of Ashtanga Yoga, while cultivating flexibility, core strength and connection to Spirit through deep awareness and breath. This style is a graceful, yet vibrant integration of solar and lunar energies in the mind, body and soul.

Tulsi Bagnoli M.A. is a fourth generation meditator who has been practicing yoga and meditation since the age of four and teaching professionally throughout the US and India for the past 13 years. Tulsi is passionate about the practice of living yoga and helping people awaken to the untapped energy that flows within us all.

www.tulsibagnoli.com

Tulsi also teaches Tues & Thurs @ 6PM