

# Anusara Yoga in Rome • July 8 - 10

## BENITA WOLFE GALVAN



**Join us for a playful Anusara Yoga all levels weekend Playshop at Spazio Vitale!**

FRI 6:00-8:00 Teacher's Practice  
SAT 10-12:30 Backbends, Handstand  
SAT 14:30-17:00 Hips, Twists and Forward Bends  
SUN 10:30-1:00 Handbalancing and Mixed Asana

**Where:** Spazio Vital

Via Poliziano, 69A • Rome

**Register:** Laura Casini +39 3291475814

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Benita Wolfe Galvan, is seasoned Certified Anusara Yoga Instructor, founder of Handstands Anonymous™ and co-founder of the Anusara School of Hatha Yoga.

With multiple thousands of hours teaching Anusara trainings and events around the world, three decades of teaching experience and a lifetime of earth practices and wisdom studies, a mother and grandmother, she is considered a master yoga teacher, a 'teacher of teachers'.

She loves traveling the world teaching a therapeutically aligned, playful dynamic yoga practice, infused with inspired wisdom. Her passion of yoga is contagious and wicked handstands are *almost always* on the menu! [www.benitawolfe.com](http://www.benitawolfe.com)