

## About Me

Francesca started her yoga practice in 2013. In 2013, she was facing serious Eczema and under Topical Steroid Withdrawal. Yoga is not only a physical practice but mindful escape for her, learning how to live in the present, accept who you are and be calm. Yoga for her is a journey of evolution as it has taught her to embrace all the loving energies, and more importantly, led her onto the path of self-realisation.

Since her first teacher training in 2018 with Samrat Dasgupta, she started to teach and share yoga happiness to her student. With a clear focus on postural alignment, Francesca's classes are safe, fun and accessible to all. She likes to take her students on a journey that builds up from gentle sequences to more challenging techniques to improve flexibility, strength and concentration, while catering the needs of practitioners of mixed levels and different backgrounds.

### Qualifications:

2018 RTY200 Yoga Alliance 200-hour Yoga Teacher Training Program with Samrat Dasgupta (Pure Yoga HK)

### Teaches:

Hatha Yoga  
Vinyasa Yoga  
Yin Yoga  
Relaxing Stretch

