



I was born in Casarile (Milano, Italia) the 20th of May 1965.

I took my first yoga class in the spring of 1984, i was 19. My teacher was Claudia Rovere and her teacher was Gabriella Cella Al-Chamali. I continued to have classes with Claudia until 1997 and then, because of work conflict, i continued my practices and studies by myself.

From Claudia i learned Hatha Yoga in the tradition of Sivanada and Krishnamacharya. In 1991, with Claudia, i began to study and practice a therapeutic, emotional healing approach continuing to follow the teaching of Krishnamacharya.

Krishnamacharya's approach was introduced to us in 1991 by Claude Marechal, a direct disciple of Krishnamacharya. Since then i continue my practice and studies following this tradition. During these years, 1991 to 1997, i began to teach.

In June 2002 i received a Yoga Teacher Certificate through the 200-hour Yoga Teacher Training "Living Yoga Program" in Austin TX and became a Registered Yoga Teacher through Yoga Alliance.

I am continuing to study and explore through practice the yoga teachings of Krishnamacharya, Paramahansa Yogananda, Subramuniyaswami and Patañjali. Since May 2003 i have been studying intensely the *Yoga Sūtra* of Patañjali and learning to chant them in sanskrit.

In 2003 i attended two seminars with Gary Kraftsow/AVI-American Viniyoga Institute, a direct disciple of Krishnamacharya and T. K. V. Desikachar. I found these seminars so inspiring that i have decided to complete the 500-hour American Viniyoga Institute's Teacher Training Program. In January 2005 i began studying with Gary and Mirka Kraftsow/AVI-American Viniyoga Institute to continue my work with yoga as a therapeutic medium. In July 2006 after completing all the requirements successfully i received the Viniyoga Instructor Certificate.

Teaching experiences

- Autumn 2002 - February 2003

Hatha Yoga weekly class at Cycle 360, Austin TX

- Autumn 2002 - July 2003

Gentle Hatha Yoga weekly class at the "Sai Baba Temple" of Teresa Anderson, Austin TX

- March 2004 - August 2006

Relaxation/Meditation weekly class at the Health Center of Apple Computer, Austin TX

- some substitutions of Hatha Yoga classes for Donna Belk, Austin TX and YogaAway for the Hyatt Resort in Bastrop, TX

Résumé of Laura Ruggeri



Teaching approach

My approach is intended to support the students in:

- letting go of daily preoccupations
- getting in touch with the physical body
- feeling their feelings
- becoming aware of their subtler energies
- reducing physical/mental/emotional suffering

Also it's intended to help them relax and focus.

The benefits that students can expect from my approach are:

- stress reduction
- more presence of mind
- more concentration
- clearer perception
- calmness of mind and emotions
- balance of body, mind and spirit

This approach necessarily involves the body, mind and spirit and because it does i use a range of practices including postures (*āsana-s*), breathing exercises (*prāṇāyāma*), chanting, *Yoga Nidra* and teachings from the *Yoga Sūtra* of Patañjali.

I normally listen to the students and adapt my classes to their specific needs.

The overall result is a deep relaxation accompanied by a keen awareness of the present moment. The class is suitable for everyone.

Laura Ruggeri

Austin, September, 2006