

A person is performing a yoga pose on a green lawn. The person is wearing a pink top and blue shorts. The background features a large, leafy tree and a building with a window. The scene is overlaid with a semi-transparent filter.

Be in the flow

SARAVARLANI
PRIVATE YOGA TEACHER

Teacher Bio



EVERY MOMENT IS
AN OPPORTUNITY
TO CHANGE YOUR
PERSPECTIVE.

HELLO!

Sara Varlani is a practitioner and teacher of Yoga based in Tuscany, Italy.

Sara is the director of the Ashtanga Yoga House Firenze ASD, where she leads a valuable and appreciated yoga program mainly based on the teaching of Sri K. Pattabhi Jois and Sharath Jois.

She was set on the Yoga path by her teacher Alessandra Morace in 2013 and after several years of consistent Hatha Yoga practice, Sara met the Ashtanga Yoga method.



She started studying under the guidance of Isabella Vannucchi and moved along with Lilith Moscon. Sara became a daily practitioner of the traditional system immediately.

She studied with many teachers: Petri Raisanen, Kristina Karitinou Ireland, Laruga Glaser, Gonzalo Bustos, Manju Pattabhi Jois and Gabriele Severini to name a few.

Sara has also been a student of Sanskrit with Professor Diego Manzi and Chanting with Brahmin Lakshmisha Bhat.

Since 2019 she looks to Susanna Finocchi (Authorized SYC Level 2) as the teacher of reference.

HAPPY TO MEET YOU.

In June 2020 Sara completed the two years 250hrs CSEN teacher training program at the AYFI under the guidance of Alessandro Ciaurri. In September she opened her studio Ashtanga Yoga House Firenze in Florence, Italy.

Sara leads several programs: Corporate Yoga, Private Yoga in Villa, Yoga & Vela and Yoga & Taste in Tuscany.

Sara is gentle and compassionate and teaches with passion, in hopes of expanding and deepening everyone's own potential.

She helps developing the practice in a mindful way and aims for her students to experience Yoga as a powerful tool along their inner journey.

*Thank you for
reading!*



TESTIMONIALS



"SARA IS A GREAT TEACHER AND WILL MAKE YOU FEEL AT HOME! BEGINNERS ARE WELCOMED. THANK YOU SARA AND HOPE TO MEET AGAIN"

Isabelle W., Canada



"SARA WILL TAKE YOU THROUGH HER LOVE FOR YOGA. WHATEVER YOUR LEVEL, DON'T BE AFRAID! ON TOP OF BEING A PROFESSIONAL, SARA IS CHEERFUL AND KINDHEARTED"

Julie M., France



"SHE HELPS YOU DEVELOP YOUR PRACTICE IN A MINDFUL WAY WITH A REAL EMPHASIS ON FINDING THE VARIATIONS THAT WORK BEST FOR INDIVIDUAL BODIES. SARA IS GENTLE, COMPASSIONATE AND CLEAR IN HER INSTRUCTIONS"

Olivia L., Spain

CONTACTS

- [+39 340 587 5191](tel:+393405875191)
- privateyogainvilla@gmail.com
- www.ashtangayogahouse.it
- IG: [@saravarlaniyoga](https://www.instagram.com/saravarlaniyoga)
- [213, Via San Piero in Mercato](#)
[50025 Montespertoli](#)
[FIRENZE - ITALY](#)

