

Michela Franci
(CIYT Level 2)

My path in yoga started more than 20 years ago when I was a student at Florida International University.

I have been visiting and living in the Sunshine state since I was a teenager. My family and I used to spend all our summers in the beautiful Sunny Isles.

I graduated from the American University of Rome in 2000 and got my BA in International Relations. I moved back to Florida soon after and I was offered yoga teaching positions in various places. Back then, you were asked to teach as there were hardly any yoga teachers and the demand for it was high in the Miami area. There were no Iyengar teaching training courses in Florida and the only certified teacher in Miami Dade was Bobbi Goldin in

Kendall. I was eager to learn and she suggested that I study in Florence with one of the best teachers of Iyengar yoga, that is exactly what I recall she said to me. I remember I laughed. I knew Italy was known for having the most beautiful monuments and artworks but I didn't know that senior teacher Gabriella Giubilaro was there.

Short story goes that I did end up returning back home. I was lucky enough to live very near to Florence and I became a devoted student of Gabriella for many years. She gave me the basics and the methodology to further develop my practice and selected me to train with her. I was one of the youngest of her pupils.

I moved from Italy as soon as I finished my teacher training in Florence in 2006 and moved back to South Florida with my Finnish

husband. In 2007 my daughter was born and a year later we decided to move back to Italy. I opened my yoga studio in my hometown in Tuscany where I taught for more than 20 years and during that time I mentored several students who later became teachers.

In 2015 I earned my Master's degree in Yoga Studies from the University of Venice, Italy with a dissertation entitled “Is Iyengar Yoga a Therapy? Scientific evidence in the medical therapy field of the effects and benefits from the Iyengar yoga practice”.

During these years, Florida has always been my second home. In 2018 I moved back again and made Hollywood my home residence.

South Florida is known as a “melting pot” of cultures and ethnicities. I love to teach

people from different backgrounds and
breathe the spirit of yoga into this diversity,
the uniqueness that melts into the oneness.

For more about me and my online classes:
www.franciyoga.com