

Roseann Schaaf, RYT200

Roseann started practicing yoga years ago for the physical aspects: competence in postures and improvement of strength and flexibility. Drawn to a strong desire to share the practice with others, Roseann began her journey of Teacher School at YogaOne. Perhaps the greatest gifts she has received are the entrance into the philosophical basis of yoga, bringing yoga philosophy into her life, and the presence of being here now. Roseann teaches our Friday afternoon Level 2 class and alternate Saturday 8:00am Vinyasa classes.