Francesca Muffaletto was born in Brooklyn, and raised on Staten Island. From a young age, she connected with movement through dance, which made her feel alive, and present. Francesca spent 10 years at a ‘real’ career in fashion. While she learned and experienced so much during that time, she felt there was something missing. Then, she found yoga, this magic formula of movement and mindfulness that took care of her body, and her brain. More than anything yoga has made her feel empowered. As she explains “once you actually commit yourself to practicing yoga, it is for certain that you will get better over time. That your body will respond to your efforts, and that during the process of growing, your mind will become just a little more quiet, and less frantic. So much that you can start to hear your inner (positive) voice.”