

# Violante Binazzi

**Yoga Teacher, Transformative Mindfulness facilitator,  
Trained as an Art School Teacher, Integral Art Method founder**



For more than 12 years, Violante has immersed herself in Yoga, Meditation and Mindfulness practices all around the world. Violante was born in Florence, Italy but her spiritual journey brought her first to the south of France where she found her zen teacher, the monk Thich Nhat Hanh. She later traveled to the Himalayas of India where she sat on the foot of the Ganga River with her yoga Guru.

Violante recently moved to Canada for love's reason where she continues to share and learn from life, valuing the importance of community.

Violante is a seeker and a lover of creativity as an evolutionary tool.

*Italian native speaker with a degree in Art History at the University of Florence, Italy.*

*Certificated as a teacher by the Italian Ministry of Education, now in Toronto, she continues to share her love for the Italian language and her passion for the Italian culture.*