

# Yoga + Wine + Chocolate

3 Great Events with David Romanelli at Yoga Rasa



## Yoga + Wine

**Friday, October 26 6:30-8:30 pm**

\$40 before 9/28, \$45 after

Price is for yoga class only. The wine tasting before and after class is free. Must be 21 or older to attend.

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## Yoga + Chocolate

**Saturday, October 27 9:30-11:30 am**

\$40 before 9/28, \$45 after

Price includes Vosges Chocolate goodie bag.

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## Chocolate Chakra Tour

**Sunday, October 28 10 am-noon**

\$45 before 9/28, \$50 after

Price includes Vosges Chocolate goodie bag.

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### About David Romanelli:

Upon graduating college, David Romanelli started taking yoga and loved it so much he decided to open a yoga studio. Along with some great friends, he co-founded At One Yoga ([www.atoneyoga.com](http://www.atoneyoga.com)) which consists of 3 state-of-the art studios in Phoenix and Scottsdale, Arizona. A pioneering effort in the national yoga scene, At One Yoga fuses Western culture's fashion, music and technology with Eastern culture's sacred rituals and ancient tradition.

As a yoga teacher David adds a fun spin to his traditional vinyasa flow classes. Growing up loving the Grateful Dead, who played a different set list at every show, David brings that uniqueness to each of his yoga classes. Every time you show up, you'll hear a different play list and a new and inspiring message. He calls his style Yeah Dave Yoga. Imagine spirituality with a rock n' roll sensibility!

David is the "Mind-Body Expert" on Yahoo and taught the Power of Being Present at the 2005 Inc. 500 Conference. David teaches daily yoga classes at Exhale in Santa Monica, California.

**Yoga Rasa ♦ 3800R Spencer Hwy ♦ Houston/Pasadena, TX 77504**

**Phone: 713-941-9642 ♦ Website: [www.YogaRasa.net](http://www.YogaRasa.net)**

## About Yoga + Wine:

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair."

~Douglas MacArthur

Exhale yoga teacher David Romanelli has teamed up with wine connoisseur Angela Gargano to present Yoga + Wine. David will begin the Yoga + Wine experience by exploring the aging of wine as a noble process that can serve as a model for the "healthy aging" of a human being. He will then lead you through a flowing yoga class set to great music that focuses on how to transcend your aches and pains in order to sense a deeper essence that some call the soul. When the soul is vibrant, you look and feel young. At the end of class, you will be in a deeply relaxed, totally present state of mind as you are guided through a tasting of Sicilian varietals. You'll finish realizing that like a great wine, a human can age with boldness, character and grace. More importantly, you'll see that a scattered mind diminishes your sense of taste, hearing and smell and you'll remember that being present adds amazing flavor to every moment.



## About Yoga + Chocolate:

The Yoga + Chocolate workshop will begin with a tasting of chocolatier Katrina Markoff's Red Fire truffle consisting of Mexican ancho and chipotle chile peppers, ceylon cinammon, and dark chocolate. This will set the tone for David's 90 minute flowing yoga class (accessible to everyone) set to great music that will inspire a deeper look at your truth, passion and purpose. At the end of class, you will be in a very relaxed, totally present state of mind as you are guided through a tasting of Katrina's Naga truffle made with sweet indian curry powder, coconut flakes and milk chocolate. You'll finish realizing everything is sweeter in the moment. Vosges founder and chocolatier Katrina Markoff and David Romanelli have been best friends since their college years. In 2000, Katrina and David realized their careers each involved a unique type of "fusion." Katrina was fusing chocolate with curry, wasabe and chiles to create the Vosges experience ([www.vosgeschocolate.com](http://www.vosgeschocolate.com)). David was fusing the 5,000 year old practice of yoga with modern music ranging from Frank Sinatra to Puff Daddy and everything in between to create Yeah Dave Yoga. Katrina and David brainstormed the Yoga + Chocolate concept. What's the message? When you are truly present, a note of chocolate becomes a symphony of flavor.



## About Chocolate Chakra Tour:

The chakra system teaches how to nourish the soul in order to heal the body. This workshop will teach you to experience each of the 7 chakras thru exotic Vosges Chocolate, great tunes, soothing scents, and deeply moving yoga postures. A sneak preview: You will learn how the sparkling guitar of the late Jerry Garcia is the ultimate sound to soothe the heart chakra while the spicy Red Fire Vosges chocolate truffle offers a powerful connection to the root chakra. This workshop is based on The Yoga + Chocolate Chakra Box which David co-created with Katrina Markoff, founder of Vosges Haut-Chocolat. For each chakra, David will put you in a deep stretch pose while he shares a fun anecdote to better explain the chakra, a song that relates to the chakra, a Vosges chocolate specifically chosen to stimulate the chakra, and time after each deep stretch pose to journal on your experience with the chakra.

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