



Alexandra Rossopoulou

Her partners call her “little buddha” because she carries her students’ secrets and stories within, like a lucky charm. She teaches yoga, yoga swings, pilates equipment, and pilates mat classes, and offers private classes as well! She’s a hurricane in all kinds of weather!

Alexandra Rossopoulou, founder and owner of the Studio Anima (<http://animastudio.gr>) was born in Thessaloniki and graduated from Kalamari Greek-French High-School Studied Modern Languages (Bachelor of Arts with Honors) at the University Lincolnshire- Humberside, UK.

Obtained the diploma of dancer and dance teacher from the Ministry of Culture (Machi Kafantari Higher School of Dance). Student of Aspa Foutsi, Dimitris Kyanidis, Marianthi Psomataki, Popi Sfika, Machi Kafantari, Zuna & Milan Kozanek et al. Student of L. Mcconville, Sasha Roubichek, Lauren Potter, Rachel Krische, Yael Flexer, Akram Khan, Union Dance Co, Candoco et al. (GDA, ID, Place, Laban Centre), in London.

Immediate student of Leela Miller, she is ashtanga, alignment, yogad’up (children yoga) instructor.

Attended yoga and pilates classes and seminars with: Todd Tessen, Susanne Lahusen, Lara Baumann, Jonathan Monks, Howard Napper, Doug Swenson, Leonidas Mezilis, Alexandra Ruiz, Pau Castellsague’, Nikky Chrisostomou, Dharma Mittra, Peter Goodman, Primo Lombardi, Vivi Letsou, Dylan Bernstein, Rael Isacowitz, Lolita San Miguel, Eduard Botha, Amit Younger, Elizabeth Larkam, Samantha Wood, Mathew Sweeney, jonny nobleza, maral hadidi, anastasis, Kristina Karitinos- Ireland, Karen Finck, Elyzabeth Williamson, Richard Orbach, Karen Klippinger, Sheri Long, Ashley Ritchie, Maria Sylla, Georgia Kissa Debora Taddeiet al.

Collaborated, as a dancer, with the following teams: Exis, Kinaisthisi, x-soma, Frauke

Requardt co, Adrasteia, as well as with the Organization of Thessaloniki Concert Hall. Worked at Aspa Foutsi and Vicky Sianou dance schools, the Body Soul and Tribody studios, as well as the Kundalini Yoga Centre. Moreover, worked at Triyoga, Pilatesworks, Queen Mother Victoria, Brixton Cultural Center and Hampton's Houses, in London, UK.

Has collaborated with "Chorokinisi" dance school in Chania, Crete, Greece and the yoga centre Atmanasana as well as Bhavana Yoga Center, in Athens, Greece. She collaborates with NYSY studios regarding the BASI Pilates comprehensive training.

She specializes in the rehabilitation of women treated for breast cancer. In collaboration with the association AELIA she gives speeches in oncology conferences around Greece and teaches specialized seminars for teachers and health professionals in this area, under the BASI name www.basipilates.com.

Since 2011, she hosts the BASI Pilates Comprehensive Teacher Training, since 2018 she hosts the Leela Miller Yoga Teacher Training, accredited by Yoga Alliance and since 2019 she is a BASI Pilates Faculty.

Yoga lesson description:

Mindful breathing and movement with Alexandra Rossopoulos

Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment. Join the sessions, notice and feel the benefits of being present!