

## **Melissa Trivisonno**

Melissa is an artist, a certified Yoga instructor and Reiki practitioner, a wife, a mom, and a grandma. She teaches meditation using breath, movement, and prayer providing for a relaxing experience. She volunteers with [Heart for Africa](#) using her art skills to teach and bring joy to orphans through the expression of art. She wants to show you how to grow closer to God through meditation.

## **Yogavotion**

Yogavotion is a guided light Yoga session with Scripture meditations throughout. No need to be able to do any crazy poses, just be prepared to relax and stretch yourself physically and spiritually. Wear something comfortable and bring your Yoga mat.