

# Temple Women's Network

## Alumna Spotlight of the Month

### Who is Lauri Andreacchio?

Lauri graduated with honors from Tyler School of Art in 1990 (BFA- Painting) and studied with New York University's Master's program in Venice, Italy.

She has been creating art and exhibiting her work ever since.

A Yoga Alliance certified Yoga instructor since 2004, Lauri has been practicing Yoga since 1999. A former record holding high school and collegiate diver, Lauri has been studying relaxation & meditation for over 35 years.

She is particularly thankful for guidance given to her by "Bluefeather"- Marcus Evans- who first introduced her to the infinite possibility of the mind, body, and spirit.

Currently, Lauri is a mother of two, wife, founder of Kali Soul Art & Yoga, and talk show host.

She recently launched a line of affirmation-infused yoga mats and has begun working with Twist Out Cancer, a global community providing psychosocial support to cancer survivors and their loved ones through creative arts programming.



### Meet Lauri Andreacchio

*Alumna, Tyler School of Art, 1990*

Certified Yoga Instructor,  
Passionate Artist, Community  
Servant, and Why She Supports  
the Temple Women's Network

### What inspired you to establish Kali Yoga Studio?

Sometimes it is necessary to grab a sword & slay some demons. Throughout my life, both art & yoga have helped me create joyful experiences as well as get through rough times. Although I am still learning, I want to share what I have learned to help others heal, grow & transform from the inside out - find their joy and shine even brighter!

I have also found that creating joy sometimes requires a bit- ok, a lot of fierceness. (Those demons aren't going to slay themselves.) That's where Kali enters. Kali is the Goddess of beginnings & endings. She is the aspect of You that not only destroys your demons but also bites their heads off and then makes a necklace out of them.

### Connect with Lauri

Web site- [www.LauriAndreacchio.com](http://www.LauriAndreacchio.com)

Facebook- [www.facebook.com/KaliSoulArtandYoga/](https://www.facebook.com/KaliSoulArtandYoga/)

Instagram- @kalisoulartandyoga EMail- Lauri@LauriAndreacchio.com

### How can the practice of yoga help women stand fully in their power as leaders, mothers, wives, business owners, and entrepreneurs?

How much room do we have?! I could go on ALL day about this! However, I will summarize by saying...

Yoga is a holistic practice that can help improve all aspects of You- physical, mental, & spiritual. There is a practice accessible to EVERYONE- no matter what your physical limitations. Along with developing a stronger and more flexible body and mind, Yoga teaches how to relax the body and mind so you can release and heal where needed. It teaches you how to reprogram your thoughts so you can shift your experience- empowering you to manifest the dreams in your life- no matter what they are.

### *You're the hostess of your own show at RVN TV? How did this amazing opportunity become part of your success story?*

I was contacted to talk about the health benefits of yoga on one of RVN TV's medical shows. While (most of) the voices in my head were screaming "Nooooo, too far out of your comfort zone!" There was a small voice saying "Do it, do it. You have to do it" So I said yes. And I was offered a show of my own. Same voices expressed their opinions; so I said Yes again.

Hosting "Off the Mat" has continued to challenge me to step out of and redefine my comfort zone. I have encountered, collaborated with and befriended so many amazing people- like the women of TWN- who I would not have otherwise ever met.

### *How did Temple University prepare you to be a successful and influential woman in life and business?*

More important than any of the knowledge and artistic skills, my experiences at Temple taught me how to think and test the boundaries, how to see things differently.

I was given the opportunity to "put myself out there", take risks, to give and receive criticism (sometimes constructive & sometimes not so), and how to participate in and grow among a group of varying opinions and personalities.

### *You have continually supported Temple Women's Network in so many ways including attending events/giving and graciously allowing us to use your global platform to increase alumni engagement and promote our events.*

### *Why do you support TWN the way you do?*

The message of TWN is so important and I am honored to do what I can to help more people become aware. When an individual woman decides to step into her power to create her dreams the possibilities are limitless; when a group of women decide to help each other with said dreams, well, I can't even think of a word that is powerful enough to express the amount of light that is radiated! ANYTHING IS POSSIBLE! Thank you for offering TWN.

*"We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they*