



“MIAMI.calm”

YOGA CLASSES

Tuesdays at 6:30 at Villa Minorca

Vinyasa Yoga is a meditative and creative practice that links all movements to the breath to create strong focus and deep relaxation. It promotes alignment, balance, flexibility and strength while clearing the mind and detoxifying the body.

This is a **Gentle Vinyasa Yoga** class—a slow-flowing meditative practice that is suitable for all levels, whether you’re a seasoned practitioner of yoga or just starting out. ***Beginners are welcome!***

Come relax and unwind while you create an oasis of calm in the middle of your busy week. You’ll come away refreshed and relaxed, with greater focus and clarity.

Location: Villa Minorca, 520 Minorca Ave. Coral Gables

Time: 6:30-7:45 on Tuesdays

Fee: \$10 per person. You may also purchase a 12-class pass for \$100 (good for 6 months!)

SPECIAL INSTRUCTIONS:

- Wear comfortable clothes that allow you to move freely
- Bring a small hand towel
- Avoid eating 2-3 hours prior to class, but hydrate well before and after class
- If you have your own yoga mat, please bring it with you!

TEACHER BIO: Yamilee is a certified and registered Vinyasa Yoga Teacher. She began teaching in 2003 and since then, has successfully taught hundreds of students at every level of physical ability, including dancers, athletes, beginners to yoga, plus-size people, pregnant women, and people in wheelchairs. Every student is an inspiration! Yamilee completed her Level 1 yoga teacher training at Tranquil Space Yoga in Washington, DC and completed her 200-hour certification with the Living Yoga Program in Austin, TX. She has also studied intensively for 3 months with the legendary Sri K. Pattabhi Jois and his daughter Saraswati Rangaswamy in Mysore, India. Yamilee has led 7 yoga retreats in Africa, India, and the US.

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