

INTERNATIONAL YOGA DAY

Miami

SATURDAY, JUNE 21, 2025



When the community vibes, we all thrive!



Forward

From Chahna Tailor Gupta, on behalf of Namaskar Foundation

Welcome to International Yoga Day Miami 2025.

It's incredible to think how far yoga has traveled — from ancient India to every corner of the globe, now practiced in studios, parks, schools, and homes. In 2014, the United Nations recognized what millions already knew: that yoga is more than movement — it is a gift of balance, healing, and unity. That's why June 21 was officially named International Day of Yoga — a day for people everywhere to come together in celebration of body, mind, and spirit.

And today, here in South Florida — one of the most culturally rich, expressive, and dynamic regions in the world — we celebrate that same spirit. Miami is a true mosaic: where Latin rhythm meets island soul, where languages dance in the air, and where traditions from around the world blend into something vibrant and new. It's a place where yoga feels right at home — not because it's trendy, but because it speaks to something deeper in all of us: a desire to reconnect, slow down, and breathe.

This gathering is about more than poses. It's about presence. It's about honoring where we come from while opening to where we're going. It's about conscious choices — how we move, how we consume, and how we care for the earth and one another. Our hope is that every part of this event, from the sessions to the vendors, reflects that intention.

As you flip through this guide, we invite you to pause with the affirmations and meditative break pages sprinkled throughout — quiet reminders to slow down, breathe deep, and return to yourself.

To our attendees, volunteers, vendors, and sponsors — thank you. You've helped shape something truly meaningful, and we are deeply grateful. When the community vibes, we all thrive!

With Love,
Chahna
Founder, Namaskar Foundation

Chahna Tailor Gupta is an Ayurvedic Practitioner and certified yoga teacher with a background in Occupational Therapy and Health Science, specializing in Public Health. She completed her yoga training in Rishikesh, India at Akshi Yogashala, and her Ayurvedic studies at Sampoorana College of Ayurveda and Vedic Studies, which included clinical training in Kannur, Kerala.

Through her company, Namaskar To You, Chahna offers yoga, pranayama, meditation, 200-hour yoga teacher trainings, and Ayurvedic health counseling. She also hosts free 10-minute pranayama and meditation sessions every Monday night at 8:00 PM and 8:12 PM EST on Zoom, open to all.

Chahna actively volunteers with Ekal Vidyalaya, the American Association of Ayurvedic Professionals (AAAP), and the Ayurveda Association of Florida (AAF).

Through her nonprofit Namaskar Foundation, she is committed to sharing the timeless principles of Vedic wisdom through modern wellness and sustainability practices. The foundation's mission is to empower individuals and communities with tools for holistic health, spiritual growth, and environmental preservation—while fostering compassionate connections rooted in ancient knowledge and mindful living. Guided by values of harmony, innovation, and compassion, Namaskar Foundation envisions a world where people live in balance with nature and each other.



Yoga & Ayurveda - The Sister Sciences

by Chahna Tailor Gupta, reprinted from Desh Videsh Magazine

In the ancient Indian tradition, **Yoga and Ayurveda** are known as *sister sciences*. Both are rooted in the same philosophical foundation and share the same ultimate goal: to bring us into harmony—with ourselves, with nature, and with the divine.

Yoga, the spiritual science, helps us move toward *moksha* (self-realization) through practices that cultivate awareness, focus, and liberation from the cycles of suffering.

Ayurveda, the healing science, supports that journey by nurturing the body and mind through conscious living—including *dinacharya* (daily routine), *ratricharya* (night routine), and *ritucharya* (seasonal routine). In Ayurveda, *how* we live each day determines our overall state of well-being.

“Ayurveda helps us create a stable foundation for our Yoga practice.”

To fully embrace the practice of Yoga, the body and mind must be in a state of readiness. If the mind is distracted, or if the body is in pain, it can be difficult to sit in stillness, flow through asanas, or focus the breath. This is where Ayurveda becomes a powerful ally.

Through proper nourishment, herbal support, detoxification, and lifestyle alignment, Ayurveda helps us create a stable foundation for our Yoga practice. It prepares the body to be strong, flexible, and pain-free, and it calms the mind so it can stay present.

“Together, Yoga and Ayurveda create a roadmap for a more intentional, connected life.”

**We are stronger together.
Somos más fuertes juntos/as.**

Ayurveda also reflects many of the ethical principles of Yoga. For example, if we eat more than we need, it not only disrupts digestion but also violates the Yogic principle of *tapas* (self-discipline) and *santosh* (contentment). Similarly, *saucha*—the commitment to cleanliness—applies to the food we eat, the thoughts we hold, and the way we care for our bodies.

By integrating both sciences, we can live more consciously—using Ayurveda to maintain balance and Yoga to awaken higher awareness. Together, they create a roadmap not just for better health, but for a more intentional, connected life.

Signs You May Be Out of Balance

- Low energy or fatigue
- Difficulty focusing or racing thoughts
- Digestive discomfort
- Irritability or mood swings
- Trouble sleeping

If you identify with several of these, your body may be signaling the need for realignment through Ayurvedic practices.

Simple Ayurvedic Habits to Support Your Yoga Practice

- Start your day with warm lemon water
- Eat fresh, seasonal meals with mindfulness
- Practice abhyanga (self-oil massage)
- Go to bed before 10 PM
- Take quiet time for breathwork or meditation daily





**Ultima Replenisher congratulates
South Florida in joining the
global celebration of
International Day of Yoga**



Beyond the Pose: Rediscovering Yoga as a Way of Living

When most people think of yoga, they picture movement—bending, balancing, stretching. Yoga mats unroll, playlists start, and for an hour, the world melts away. But what happens when the class ends? What if yoga is meant to continue long after we step off the mat?

At its core, yoga is not just a physical practice—it's a way of living. The word itself, *yuj*, means "to yoke" or "to unite." Union of breath and body. Union of mind and action. Union of self and something greater.

While *asana* (the physical pose) is an important part of yoga, it's actually, just one limb of a much broader path. The ancient yogic tradition outlines eight limbs, offering a holistic roadmap for inner peace, ethical living, and self-realization.

These include:

Yamas and Niyamas – ethical principles like non-violence, truthfulness, contentment, and self-discipline

Pranayama – breathwork that grounds and energizes

Pratyahara – drawing inward, disconnecting from external distractions

Dharana and Dhyana – focused concentration and meditation

Samadhi – a state of blissful awareness, unity, or enlightenment



By seeing yoga as more than a workout, we open ourselves to something much more powerful: a practice of conscious living. It's in the way we speak, eat, breathe, show up for others, and relate to ourselves.

In today's fast-paced, hyperconnected world, this shift is more needed than ever. Yoga becomes not an escape from life, but a way to engage with life more fully—with intention, clarity, and compassion.

Yoga isn't about how far you can stretch on the mat. It's about how gently and consistently you return to yourself—moment by moment, breath by breath.

Here at International Yoga Day Miami, we invite you to explore this deeper dimension. Try a meditation or breathwork session. Visit a vendor who embodies mindful living. Reflect on how even one small habit—five slow breaths, a kind word, a morning ritual—can carry the essence of yoga into your everyday. Because the real magic of yoga doesn't happen in the perfect pose. It happens in the pause. In the choices we make when no one is watching. In how we return to ourselves, again and again.

**I return to my breath. I return to myself.
Vuelvo a mi respiración. Vuelvo a mí mismo/a.**

Crystal Clarity: The Quiet Power of Quartz in Everyday Rituals

For centuries, quartz crystals have been revered not just for their beauty, but for their ability to store, amplify, and align energy. Ancient civilizations believed that quartz could harmonize the body's natural rhythms, calm the mind, and connect us to something greater than ourselves. From healing temples in Egypt to ceremonial tools in South America, these stones have long been used to restore balance—inside and out.

In today's world, where the search for deeper connection and self-care has become essential, quartz is finding its way back into our daily rituals—not as a trend, but as a timeless reminder to pause, breathe, and return to intention. This quiet revolution is now echoing through the world of skincare. With growing awareness of energetic health, forward-thinking brands are infusing the properties of quartz into their formulations—blending ancient wisdom with modern science. The result isn't just skincare, it's energy care.

**One such example is
Qartz Organics,
a brand inspired by the
transformative potential
of crystal energy.**

Rather than simply treating the skin's surface, their approach nurtures the energetic layer beneath—offering products designed not only to hydrate and protect, but to soothe, center, and elevate.

In a time when the world feels chaotic, the simple act of caring for your skin—with intention—can become a grounding ritual. And sometimes, that's where the real healing begins.



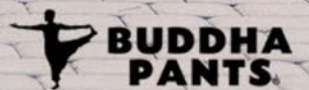
Energy. Frequency & Vibrant Skin



QARTZ is an innovative, clean skin care collection that integrates high-performance botanicals with the high vibrational frequencies of crystals, a combination with benefits that not only help prevent, rejuvenate and support truly vibrant skin but go beyond surface level beauty.

QARTZ is a transformative experience where each application becomes a mindful ritual, connecting you deeply with your essence and allowing you to emanate your unique and vibrant energy through your aura and skin.

qartzorganics.com



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The Words That Change Everything: Reclaiming Your Optimism



Most of us think of mindfulness as listening inward, becoming aware of how we feel, what we want, what we fear. That's an incredibly powerful starting point, but mindfulness is also about how we speak to ourselves. It's not just awareness, it's language. And the right language has the power to shift everything. It's what turns self-doubt into clarity. It's what gives us permission to believe that something better is on its way. That's optimism. That's intentional self-talk that says things can change.

At International Yoga Day Miami 2025, we're thrilled to welcome Case Kenny, best-selling author, mindfulness expert, and host of the New Mindset, Who Dis? podcast, for a powerful guided reflection experience centered around this truth: optimism begins with how you speak to yourself. Through prompts and guided reflections, you'll learn to replace heavy, defeating narratives with lighter, empowering ones. Because the moment you shift your inner dialogue from "life is happening to me" to "life is happening for me" you start to believe in possibility again. *And when you believe in possibility, you move differently, love differently, and hope differently.*

Want More from Case Kenny?

Explore his popular books and journals designed to help you build daily mindfulness and self-worth:

- **The Opposite of Settling**
- **The New Mindset Journal**
- **That's Bold of You**

Other books: <https://lnkd.in/eTtD-M6J>

Follow Case on Instagram: @case.kenny

"Optimism doesn't mean ignoring reality,
it means choosing language
that helps you move forward anyway."
– Case Kenny

Why Community Heals / Por Qué la Comunidad Sana

Healing doesn't happen in isolation. It happens in presence — in spaces where we are seen, heard, and accepted.

Events like this aren't just about yoga poses or products. They're about remembering that we belong to one another. That shared laughter, movement, and intention create invisible threads that lift us all.

In community, our nervous systems soften. Our hearts open. We become mirrors for each other's wholeness.

So whether you came with friends or arrived alone, know this: your presence matters. You're part of something bigger — and that, too, is healing.

"We don't heal in isolation, but in community."
– S. Kelley Harrell

La sanación no ocurre en aislamiento. Ocurre en la presencia — en espacios donde somos vistos, escuchados y aceptados.

Eventos como este no se tratan solo de posturas de yoga o productos. Se tratan de recordar que pertenecemos los unos a los otros. Que la risa compartida, el movimiento y la intención crean hilos invisibles que nos elevan a todos.

En comunidad, nuestros sistemas nerviosos se relajan. Nuestros corazones se abren. Nos convertimos en espejos de la totalidad del otro.

Así que, ya sea que hayas venido con amigos o hayas llegado solo, recuerda esto: tu presencia importa. Eres parte de algo más grande — y eso también es sanador.

"No nos curamos en aislamiento, sino en comunidad."
– S. Kelley Harrell

Our Amazing

Schedule	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30
Solace Sanctuary	Vinyasa-Ashtanga Fusion Anny Norato with AN Yoga Movement		Prana & Pregnancy: Pre-Natal Yoga Anna Bronson with Anna Bronson Yoga	Restorative + Yin Yoga Sasha Hovich		Restorative + Sound Healing Shanti Ferrandis with Shanti Seeds		Warrior@ Tai Chi Yoga and QiGong Fusion
Calm Cove	Burnout Prevention Starts With You Kirsy Chanel Espejo with Kind Wholeness music by Clinton Greenlee	Body Control Sooz Melissa with Element Five Fitness		Connect with Your Essence Cintia Wess with RawEssences music by Clinton Greenlee		Chair Yoga Mara Fowler with MS Yoga Movements music by Clinton Greenlee		
Family Flow Field	Family Yoga + Mindfulness Mariana Gonzalez & Paula Vasco with Blum Within Mindfulness		Mindful Moments: Family Yoga & Meditation Alexandra Rosa with The Blooming Sunflower		Puppy Yoga Pomsky Therapy		Kids Yoga Pia Ragadoo with Breathe. Love. Be Yoga and Meditation	

Thank you to our



Bowman



BUDDHA PANTS®

Schedule

1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00
Jani Roberts with Alignment Essentials	Mandala Breath Circle + Ecstatic Dance Journey Alexis Chacin & Vanessa Morales with Ecstatic Living Florida		Transform: Vinyasa, Yin, & Meditation Jenna Jeffries with Change My Life Today		Mantra: A Guided Reflection & Optimism Session Case Kenny		DJ VHS with 2MRW Miami at the Solace Sanctuary			
Connecting to the Self Rosie Araujo with Mint Body Studio music by Clinton Greenlee		Sound Healing Joanne Togati	Your Cycle, Your Reign: Discover Next-Level Period Protection Alex Council with DoctorPads	Bhakti Yoga Talk & Kirtan Srimati Syamarani Didi with Sacred Vedic Arts	Chair Yoga Brittany Bridges with SoulFlowYo Yoga Miami					
Dandiya Cardio Yoga Radhika Shah Talati with SRMD Yoga		Puppy Pilates Pomsky Therapy			Dr. Richard Rosado with New Leaf Chiropractic	Animals in Yoga - Kids Yoga Luz Nazario with Bori Yoga				

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Global Practice. Local Soul ~ How South Florida is Shaping the Future of Yoga

From the shores of Rishikesh to rooftops in Wynwood, yoga has traveled far. Once practiced quietly in ashrams and small communities, yoga is now a global phenomenon—embraced in gyms, parks, studios, schools, and digital platforms across the world. And here in South Florida, it's evolving in a way that's both exciting and deeply rooted in the heart of community.

South Florida is more than just palm trees and sun—it's a cultural crossroads. A place where languages overlap, stories intertwine, and tradition meets innovation. And in this diversity, something beautiful is happening: yoga is being reimagined, reinterpreted, and made more inclusive than ever before.

In South Florida, yoga is not just about form—it's about expression. You'll find vinyasa classes infused with Afro-Caribbean rhythms, mindfulness sessions offered in Spanish, Creole, and Hindi, and teachers of every background weaving together philosophy and real-life healing. Yoga here reflects the people who live it. It's bold, creative, spiritual, sometimes messy—and always alive.

This isn't a dilution of tradition. It's a return to yoga's most essential truth: that it belongs to everyone.



Yoga has always been adaptable, meant to meet each person where they are—body, mind, and soul. South Florida's yoga scene doesn't ask you to fit a mold. It asks you to show up as you are. At International Yoga Day Miami, we celebrate this fusion. We've brought together voices from across communities—practitioners who blend East and West, ancestral and modern, stillness and sound. Our goal isn't to define what yoga should look like. It's to create space for yoga to be what it's always been—a practice of presence, connection, and becoming.

As yoga continues to evolve across the globe, places like South Florida are shaping its future—not through perfection, but through authenticity, heart, and inclusion.

As yoga evolves, South Florida stands as a vibrant example of how the practice can stay true to its roots while blooming in new and beautiful ways.

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I treat myself with compassion.
Me trato con compasión.

Our Amazing Activators



Alex Council ~ Reign Pads is a veteran-owned, FDA-registered brand that has delivered over 1 million toxin-free period care experiences since 2019, generating \$25M in revenue from a single \$6 product. Certified by NMSDC, ByBlack, and CAMSC, Reign is redefining women's wellness with comfort, confidence, and care.



Alexandra Rosa ~ Alexandra is a certified holistic wellness coach, yoga instructor, and sound healing practitioner with over 20 years of experience in education and mental wellness. She is the founder of The Blooming Sunflower, a heart-centered wellness brand dedicated to helping individuals and communities heal, grow, and thrive from within.



Alexis Chacin and Vanessa Morales ~ Hi! I'm Alexis—a certified, trauma-informed breathwork and ecstatic dance facilitator. I co-create with my twin sister Vanessa, an amazing Ecstatic Dance DJ, and together we founded Ecstatic Living Florida (ELFL) to offer joyful, substance-free spaces for connection, play, and self-expression.



Anna Bronson ~ I'm a former corporate attorney turned international yoga advisor and mindset counselor, trained in Hatha yoga across India, Nepal, and Indonesia. As a certified prenatal and postnatal teacher—trained while eight months pregnant—I guide mothers with insight, care, and lived experience.



Anny Norato ~ As a Vinyasa teacher, I share yoga as a path to physical, mental, and emotional balance. I believe that true healing comes from nurturing the connection between body, mind, and spirit.



Brittany Bridges ~ Miss Brittany is the Creator, Owner, and CEO of SoulFlowYo Yoga Miami LLC and a Registered Yoga Teacher (RYT 200) with nearly seven years of practice. Her mission is to make yoga joyful and accessible to everyone—regardless of shape, size, height, or color.



Case Kenny ~ Case Kenny is on a mission to help people live more optimistic, mindful, and authentic lives. Since 2014, he has been writing, speaking, and teaching practical ways to cultivate self-awareness, build confidence, and quiet the overthinking mind. His podcast New Mindset, Who Dis? has resonated with millions of listeners, and his viral writing on Instagram reaches hundreds of millions more. Known for blending uplifting life truths with research-backed perspective, Case simplifies mindfulness in ways that feel relatable, refreshing, and most importantly... hopeful. Through his signature red pen writing on social media, his upcoming book The Opposite of Settling, and his debut book That's Bold of You, he encourages people to challenge their self-doubt through actionable mindful practices. He regularly leads workshops around the world, reminding people that no matter where they are in life, they have the power to rewrite their story and trust that the best is yet to come.



Cathyana Marcel ~ Cathyana Marcel is a dedicated educator and mentor who serves as the Mental Health and Wellness Specialist for the Kevin Love Fund. With degrees in social work and psychology, she is passionate about empowering students and creating transformative spaces that support mental health and personal growth.

From Mat to Market: The Rise of Conscious Consumerism in Wellness

Wellness isn't just something we do—it's something we live. And increasingly, it's something we shop for with care.

Today's wellness consumers are no longer satisfied with just feeling good—they want to do good while they're at it. Whether it's the yoga mat we unroll, the supplements we take, or the skincare we apply, the choices we make reflect our values.

This is the heart of conscious consumerism: spending money in a way that supports sustainability, ethics, transparency, and long-term well-being—not just personal, but planetary.

At International Yoga Day Miami 2025, you'll see this shift in action. Our curated marketplace is filled with brands that are rethinking the norm—from refillable packaging and cruelty-free beauty to herbal medicine, eco-fashion, and fair trade tea blends. Every vendor here represents a larger movement—toward intentional, aligned living.

So, what does it mean to be a conscious consumer in 2025?

- You read the ingredients—and the brand story behind them
- You ask where it's made, who made it, and how it impacts the Earth
- You support local, independent businesses when you can
- You choose quality over quantity, and purpose over impulse
- You see your dollars as votes—for the kind of world you want to live in

This shift isn't about being perfect. It's about being present—even in the smallest decisions. Buying from a local vendor. Choosing plastic-free packaging. Supporting a company that pays living wages. These aren't just purchases—they're expressions of care.

In yoga, we learn that every action creates a ripple. That same principle applies in the marketplace. What we support, grows.

So as you explore our event today, we invite you to shop with heart. Talk to the vendors. Ask questions. Discover the stories behind the products. And know that when you choose consciously, you're not just nourishing yourself—you're supporting a more mindful world.



Grow a Plant is proud to help create a lush, peaceful space for this day of global unity. We believe nature heals — and we celebrate Namaste Life and Namaskar Foundation for growing something truly beautiful here in South Florida.

**I honor my journey, step by step.
*Honro mi camino, paso a paso.***

**I rise with every challenge.
Me elevo con cada desafío.**

Our Amazing Activators



Cintia Wess ~ Cintia Wess is a Certified Horticultural Therapist (UF), aromatherapist, forest therapist, yoga instructor, and former journalist with a background in Communication. She founded RawEssences, the first Spanish-language aromatherapy school approved by NAHA, offering certification programs in English and Spanish both online and in person.



Dr. Richard Rosado ~ Dr. Richard Rosado, a Miami native, returned to South Florida with his wife, Dr. Sherry Rosado, to improve community health through specific, drug-free chiropractic care. Together, they aim to help all Floridians reach their full, God-given health potential by offering natural solutions to common health issues.



Jani Roberts ~ Jani Roberts is the owner of Alignment Essentials, LLC. Licensed Shamanic Practitioner. International Presenter and best seller author. Over 40 years experience in the mental health and wellness industry.



Jenna Jeffries ~ Jenna Jeffries, a dedicated follower of yoga, has been teaching for years with a focus on helping her students find inner peace, balance and life intelligence through yoga and meditation. Passionate about sharing the transformative power of yoga, Jenna is committed to guiding her students on their journey of empowerment and self discovery.



Joanne Togati ~ Joanne Togati is a classically trained opera singer from NYC, published author, and founder of Lite and Rejuvenated, a holistic therapy company launched in 2008. Based in West Palm Beach, she leads Vinyasa Flow, Cacao Ceremonies, and Shamanic Breathwork, and is also a certified sound healer, licensed massage therapist, and creator of TG Essential—a superfood formula with 20+ healing benefits.



Kirsy Chanel Espejo ~ Kirsy Chanel Espejo is a wellness educator and founder of Kind Wholeness, a nonprofit committed to making wellness education accessible to all. With over 15 years of leadership experience, she empowers others to prevent burnout and embrace wellness as a foundation for living with intention, emotional awareness, and compassion.



Luz Nazario ~ Luz Nazario founded Bori Yoga after discovering the physical and mental benefits of yoga over a decade ago. Her practice became crucial during her bariatric journey, and she now shares her transformative experience with others.



Mara Fowler ~ Mara Fowler is an E-RYT 500 (YCEAP) yoga teacher, MS educator, and founder of MS Yoga Movements, a wellness platform focused on accessible yoga and healing for all. Living with Multiple Sclerosis for over 24 years, she channels her journey into a mission to make mindful movement available to every body through teaching, speaking, and creating inclusive spaces rooted in strength, softness, and resilience.



Mariana Gonzalez & Paula Vasco ~ We empower kids and families with mindfulness tools to navigate emotions, build confidence, and enhance focus, helping them cultivate a balanced and fulfilling life. Through engaging classes, yoga, and interactive activities, we make mindfulness fun, accessible, and a lifelong skill.

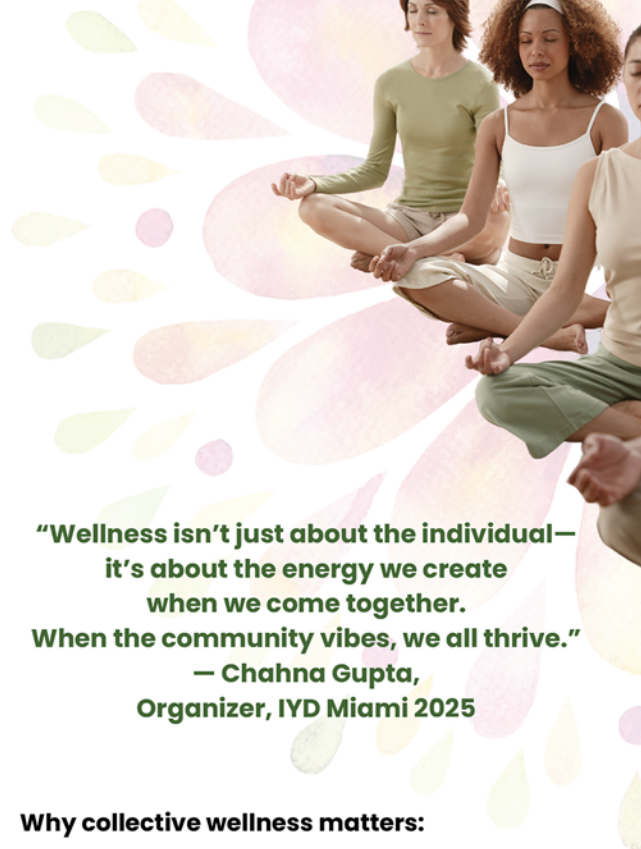


The Healing Power of Community: Why Collective Wellness Matters

We often think of wellness as a personal journey—a solo path of self-care, discipline, and inner peace. And while that's true, it's only half the story. The deeper truth? We heal better when we heal together.

Wellness isn't meant to exist in isolation. In fact, many of the practices we embrace today—yoga, breathwork, plant medicine, meditation—were born in a community. They were passed down in groups, nurtured in circles, and practiced shoulder-to-shoulder. Healing has always been a collective act. In a world that's increasingly digital, fast-paced, and fragmented, the simple power of gathering—in real life—has become revolutionary.

At International Yoga Day Miami 2025, that's exactly what we're here to reclaim: the power of coming together. People of all ages, backgrounds, and experiences moving, breathing, and connecting side by side. It's more than a celebration. It's a reminder that we are not alone in our healing.



**"Wellness isn't just about the individual—
it's about the energy we create
when we come together.**

When the community vibes, we all thrive."

**— Chahna Gupta,
Organizer, IYD Miami 2025**

Why collective wellness matters:

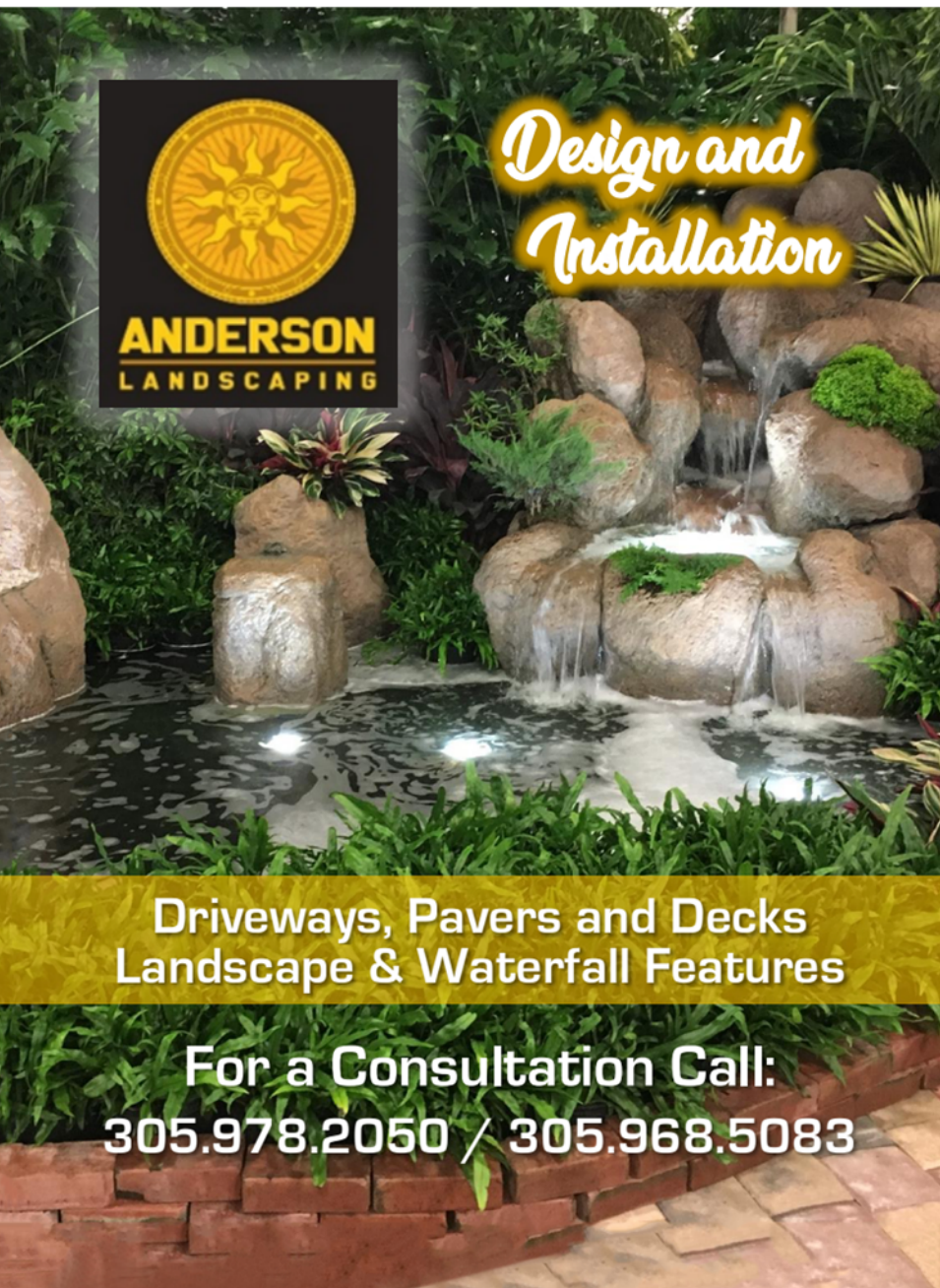
- **It creates safety.** Being seen and supported allows us to let our guard down—and that's when true healing begins.
- **It builds accountability.** When you show up with others, you're more likely to stay consistent and motivated.
- **It strengthens belonging.** Loneliness is one of the biggest wellness challenges today. Community is the antidote.
- **It reminds us of our impact.** When we care for ourselves, we're better able to care for others. And that ripple effect is powerful.

In South Florida's diverse and vibrant wellness scene, community is everything. Whether it's a group yoga flow, a sound bath under the stars, or a shared moment of stillness, healing happens faster—and deeper—when we're in it together.

So as you flow through this day, we invite you to smile at a stranger, sit in a circle, share a story, or offer support. Let this be more than an event. Let it be a gathering of hearts—a reminder that when the community vibes, we all thrive.

**I am open to growth, even when
it feels unfamiliar.**

***Estoy abierto/a al crecimiento,
incluso cuando se siente
desconocido.***



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Our Amazing Activators



Pia Ragadoo ~ From a wild spirited dancer to a calm and strong Yogi. Join me on the mat and embrace a new experience of yoga that will bring you back to feeling endlessly joyful and effortlessly peaceful.



Pomsky Therapy ~ Welcome to the Pomsky Therapy Community—a one-of-a-kind sanctuary where wellness, movement, and the playful energy of Pomsies come together to create soul-nourishing, joy-filled experiences. From puppy cuddles and Pomsky yoga to sound healing, horse therapy, and guided meditation, we offer magical moments that help you unwind, connect, and heal—one paw at a time.



Radhika Shah ~ Radhika Shah is a certified SRMD Yoga trainer with a postgraduate degree in Yoga Therapy and professional credentials from Yoga Alliance and SVYASA. She specializes in therapeutic yoga for healing and pain relief, blending movement, breathwork, and meditation in accessible sessions across India, including at SRMD Yoga's Mumbai Centre and Dharampur Ashram.



Rosie Araujo ~ Rosie is a yoga teacher, energy worker, and wellness guide who found her calling through an unexpected leap of faith. Drawing on intuitive client work, global travel, chakra-based healing, and the 8 Limbs of Yoga, she creates transformational spaces for people to reconnect with their power and live with purpose.



Sasha Hovich ~ I am a passionate yoga instructor and grad student on my way to becoming a holistic dietitian. I love to combine different modalities, like movement, breath, and nutrition to cultivate a long and healthy life. The goal is not to just live our lives, but also to love our lives..



Shanti Ferrandis ~ Certified yoga teacher and holistic therapist, Shanti helps women heal and transform through yoga, energy work, and conscious practices, drawing from her own journey of overcoming a 20-year medication dependency. As a student of Dr. Joe Dispenza, she integrates his teachings to support deep inner transformation and the expansion of consciousness.



Srimati Syamarani Didi ~ Also known as Jadurani Didi, Srimati Syamarani Didi is a world-renowned Bhakti yoga teacher and artist whose 57-year journey has produced over 400 iconic devotional paintings, now seen in temples and Bhakti literature across the globe. Now residing in South Florida, she continues to share the timeless wisdom of ancient India, offering a rare opportunity to learn from a living legend in spiritual art and philosophy.



2MRW Miami ~ 2MRW Miami is a next-gen nightlife space in Wynwood spotlighting rising stars in music, fashion, and culture through immersive, ever-evolving experiences.

VHS (Visionaries Hate Society) is a dynamic Miami DJ known for his raw energy and genre-blending sets that turn any crowd into a moment.





Vasudhaiva Kutumbakam

(वसुधैव कुटुम्बकम्) is a Sanskrit phrase meaning,
"The world is one family."

With Gratitude

From all of us at Namaskar Foundation, thank you for being part of this sacred gathering. Your presence helps us grow a community rooted in healing, unity, and higher purpose.

Lokāḥ Samastāḥ Sukhino Bhavantu

(लोकः समस्ताः सुखिनो भवन्तु)

(May all beings everywhere be happy and free.)



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