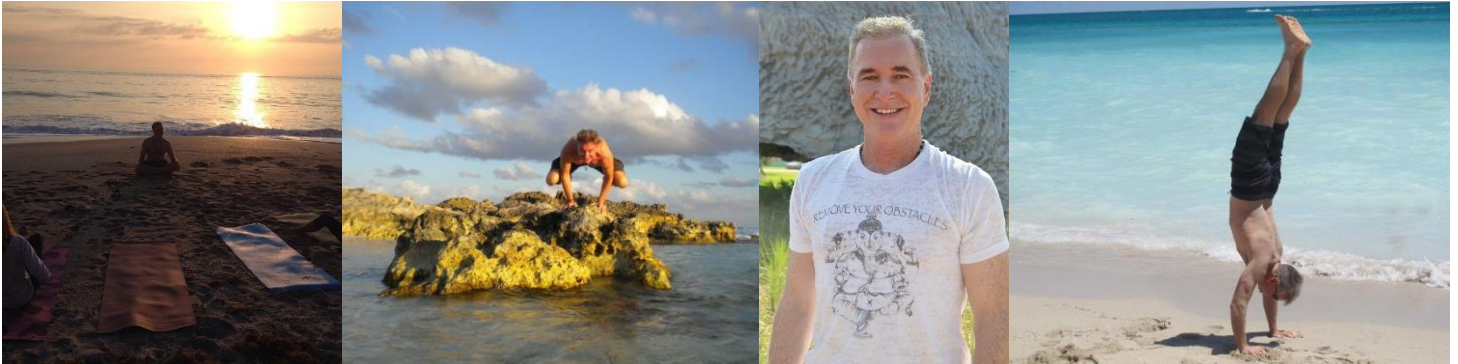


Workshops with David Yglesias

Founder of Energy Yoga – Miami, FL



Couples Tantric Yoga Adventure – This 3 hour workshop helps couples improve their levels of trust, love, compassion, kindness and forgiveness. Stimulating all the senses to awaken fully, we incorporate **Partner Yoga**, with deep stretching, Flying **Acro Yoga** and ending the day with a soothing **Partner Thai Massage and Reiki**.

Guided Mindful Meditation – This 2 hour workshop teaches the science behind mindfulness and meditation, with a 45 minute guided meditation. David incorporates hypnosis & regression techniques to help replace bad habits with good habits; empowering you to experience peace, harmony and happiness.

Dharma Flow– This 2 hour workshop uses the teachings of dharma. The physical sequence is a challenging infusion of ashtanga and vinyasa flow.

Conquering Stress & Anxiety– This 2 hour workshop teaches the science behind anxiety and teaches holistic techniques to manage and conquer stress.



ENERGY YOGA & Wellness Center

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