

A Sacred Space During Art Basel Miami

Arts Events Lifestyle Wynwood December 3, 2016



Art Basel/ Miami Art Week has most of us ready for a breather, only to jump back into the action. Thankfully, with our sanity in mind, **YogArt** is helping us take a breather during Art Basel at The Sacred Space Miami in Wynwood, Dec. 3-4.

The sixth edition of **YogArt Basel** is going to be a rejuvenating experience that combines yoga, art, live music, and healthy food offerings with a little art in mind.

But First



KARLA DASCAL & CHIRA CASSEL

Here are some great tips from Karla Dascal, founder of The Sacred Space Miami:

- While it's nice to have specific tips for staying grounded during the holidays and event season, it's important to cultivate a year-round practice to tap into during these times.
- Mind, body, health and spirit need to always take priority. It's important to treat the body as a whole—not to approach each component as separate. Once that happens you have perseverance, stamina, consistency and determination during the more hectic times, such as the holidays.

- It's important to decide—and commit—to making yourself a priority—once you do that, you have the ability to stay grounded and begin to influence others around you.
- It's all about balance, of course. Being busy is self-created and it's important to remember to take a step back and breathe, reconnect and remember what's important. Incorporating healthy eating habits and a routine wellness practice is integral in staying grounded when life is happening.
- The most important thing to remember when life gets crazy is KINDNESS. In the end, love is what saves us all—the power of love.

The class is led by Miami's own **Dawn B** with musical performances by **DJ Drez** and **Marti Nikko**. With special guest speaker, Director of PAMM, Franklin Sirmans, during Saturday's event.

Tickets for **YogArt Basel** at the Sacred Space Miami are \$35 per session and are available on **Eventbrite** in advance, as well as on-site the day of the event (subject to availability). Mats will be provided but are limited.

Art at YogArt

It isn't Art Basel week at The Sacred Space without a little art. To celebrate art and thankfulness, Miami native and internationally acclaimed artist, **Alexander Mijares**, will design a one-of-a-kind yoga mat that will be auctioned off to benefit local high school Design Architecture Senior High (DASH), in addition to a portion of the proceeds generated from YogArt ticket sales.



Nuestra by Alexander Mijares

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