



SOL YOGA

the secret of life



One step inside SOL Yoga and you'll see why there's been much buzz about this luxe studio, now open in Wynwood.

Founded by Wellness Entrepreneur Cathy DeFrancesco, SOL Yoga is a modern take on traditional yoga studios, thanks to its contemporary design, onsite lifestyle boutique and luxe amenities.

With a mission to share yoga, the 'Secret of Life' (hence the SOL in its name), DeFrancesco

combined her years of yoga practice and teaching with her travels around the world to inspire more people to embrace the mat, and experience yoga's life changing benefits.

Aesthetics aside, SOL's infrared heated studio is where its 'wow factor' really comes to life. All classes take place in its spacious studio, featuring warm gold lighting with infrared panels above.

Those familiar with infrared know it helps to reduce inflammation, increase circulation, metabolism and promote younger looking skin, too.

Catering to all levels of students, whether you're new to yoga or a seasoned pro, SOL offers a variety of classes from early morning to evening. For a limited time, all new students receive their first week free—what's not to love? Our thoughts precisely.

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