



Namaste Upgrade

Cathy DeFrancesco infuses yoga with a distinct European touch.

On Cathy DeFrancesco's healthful lifestyle website Gorgie Wellness (gorgiewellness.com), she writes, "Confident women share." This statement has become a mantra for the wife and mother of four. A yoga devotee and teacher, DeFrancesco says she decided to introduce America to a chic, constructive and high-tech exercise studio experience like the ones she had experienced in Europe on her many travels: "I wanted to create a space that was beautifully designed and featured higher-end amenities, along with products and services that I'm personally passionate about." In 2018 she and her team delivered the first SOL Yoga (solyogaflorida.com) in Wynwood, a place where clients partake in a variety of different yoga styles for all levels, Pilates mat classes, HITT-style workouts and yin/stretch classes for relaxation and rejuvenation, all in an infrared-heated studio. "[Infrared heat] penetrates the skin at the cellular level, increasing circulation, reducing inflammation and improving skin, among other benefits," she explains. Guests are also welcome to shop curated items—including CBD-enhanced skincare products and foods bearing her company's name—grab a smoothie, receive LED skin treatments and more. "It's a one-stop destination to feed your body and soul," adds DeFrancesco. SOL's second location, in Fort Lauderdale, is twice the size of the original and boasts an acupuncture room. "In the next year or so, my team and I plan to open our South Beach space, with international locations on the horizon," she promises. The sharing continues.

World travels inform Cathy DeFrancesco's approach at SOL Yoga, which currently has locations in Wynwood and Fort Lauderdale.