

# CATHERINE DEFRANCESCO

SOL YOGA  
FOUNDER & CEO

Catherine DeFrancesco's journey to yoga began with a personal transformation. Before founding SOL Yoga, DeFrancesco was an avid runner, always chasing that extra mile but never enjoying it. "Yoga truly changed my life in every way," she says. "I smiled more. I became a better mom and friend. I stopped honking my horn and learned to breathe and surrender." Now, this Dynamic Woman goes the extra mile to bring that peaceful bliss to her clients.

To DeFrancesco, yoga—and life—is about honesty, kindness and connection. These values are reflected in everything she does, from collaborating with charities like Lotus House Women's Shelter to providing a positive space for her clients.

"Our tagline at SOL Yoga is 'Feel good here,'" she says. "My team and I strive to ensure each and every client experiences this. Yoga unites in a very special way, creating a sense of community like nothing else."

As a mother of four, DeFrancesco finds strength in her family and friends. They're her biggest supporters, and she credits her success to them and her mantra—"Only good lies before me." By embracing the present moment and trusting in a positive future, DeFrancesco leads with a sense of calm and purpose.

She advises her clients: "Slow down and let your deep belly breath take you back into the present moment any time you need it—it can be in traffic or yoga class. The point is that life only feels like it's moving quickly because we're often the ones rushing it."

With the expansion of SOL Yoga into the Sunset Harbor, this Dynamic Woman is elevating the yoga space even further. Boasting state-of-the-art facilities, a smoothie bar, a lifestyle boutique and cryotherapy, the new location will embody DeFrancesco's values in a unique wellness destination.

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& SUNSET HARBOR, MIAMI  
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“FOR ME, BEING A DYNAMIC WOMAN  
MEANS BRINGING A SINCERE  
AMOUNT OF HONESTY AND KINDNESS.”