



Press Kit

About our Founder, Emily

Emily's passion for wellness began at a young age. She has been practicing yoga and clean eating for more than fifteen years. Trained in Economics and Business, Emily spent four years in the corporate environment working in data analytics before transitioning full-time into the wellness industry in 2017. She worked with individuals, couples, and corporate organizations in Miami, FL for four years before recently moving back to the Tampa Bay Area. She lives in Apollo Beach with her husband and daughter.

Mission

Our mission is to provide a safe, relaxing space for you to recharge during the challenging seasons of life.

Wellness Services

**Private Yoga
Sound Bowl Meditation
Virtual Meditation for Beginners**

History

In 2018, Emily traveled to Rishikesh, India to study yoga from the masters. While there, she learned about sound bowl meditation and was drawn towards this healing tool. Upon returning to Florida, positive feedback from both enthusiasts and sceptics experiencing moments of relief fueled her desire to spread this passion with more people.

Training

Yoga training, 500-hour | AYM Rishikesh
Ayurveda Specialist, 35-hour | AYM Rishikesh
NASM Certified Personal Trainer | NASM
Holistic Health Coach | Institute of Integrative Nutrition
Past Life Regression Meditations | The Weiss Institute

We Work With

Individuals, Couples, Corporate Events

Specialties

New & expecting parents, couples, caregivers, athletes

Companies We've Touched

Starbucks, Movado, The Ring Workspaces, Gensler, Quantum Healing Hypnosis Academy, Echo Brickell, Don Casino Entertainment Agency, Spark Cooperative

Florida Cities

Tampa | St. Petersburg | Clearwater
Sarasota | Miami

