



Welcome Debra Brooks



Hi,

Pleased to meet you! I am Debra Brooks, an owner and full-time resident here at Vivante since December 2020. I am excited to announce that I will be teaching Yoga here at Vivante twice a week. I am a certified yoga teacher, registered with Yoga Alliance and a studio owner of Palm Power Yoga in Punta Gorda. I teach a variety of yoga styles such as Gentle and Yin designed for relaxation, mobility, balance, and flexibility. I also teach Power and Vinyasa styles for a more strenuous practice designed to create vitality, power and freedom.

At Vivante, I will offer a Gentle, all levels yoga class with emphasis on meditation, breath work and gentle poses to help relieve anxiety, stress, pain and stiffness, all while leaving you with an overall sense of peace.

Classes will be held on Tuesdays and Thursdays starting in October. Time to be determined based on a short 5 question survey that will be sent out. Your input is important! The class prices will be \$13 each, 5 for \$55 or 10 for \$100.

If you have any questions about the yoga classes, please contact me at, palmpoweryoga@gmail.com

I look forward to meeting you!

Namaste

Debra