

# South Miami news

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## Corpo Yoga and Fitness Together held first Mind & Body at the Park

BY LEE STEPHENS

Corpo Yoga Studio and Fitness Together joined forces to present *Mind & Body at the Park*, a morning of exercise and relaxation for adults and children that benefitted Big Brothers and Big Sisters (BBBS) of Greater Miami. The event was held on Saturday, July 31 from 8:30 – 9:30 a.m. at the Pinecrest Community Center, located at 5855 SW111 St. in Pinecrest.

“We are so grateful to the people who came out for our very first event,” said Cybele Chamas of Corpo Yoga Studio. “It was very hot, but everyone was in good spirits.”

The focus of the morning was to encourage adults to set the example for children by exercising regularly and prac-

more events like this in the future,” said Chamas. “We are both committed to giving back to the community.”

The one-hour class started with 30 minutes of a basic fitness activity, including strengthening, toning and cardiovascular exercises, led by Fitness Together’s trainers. The second 30 minutes was a guided yoga class that included simple poses to strengthen the body, breathing exercises and final relaxation, led by Corpo’s yoga teacher, Kathleen Kowall.

“The class introduced the adults and children to the myriad of exercise and yoga’s benefits. Children also learned how exercise and yoga can build self-awareness, increase self-esteem and help calm and focus their energy,” Chamas explained. “Kathleen did a great job making it fun, and engaging the children with the various yoga poses that have animal names.”

Corpo Yoga Studio’s mission is to help people of all ages cope with stress, stay healthy, both physically and mentally, and experience a complete sense of well being. Corpo offers more than 40 classes each week, including all levels and styles of yoga, kids’ yoga and special programs, prenatal classes, workshops and events. For more information, visit [www.corpoyogastudio.com](http://www.corpoyogastudio.com), call Cybele Chamas at 305-670-2010 or e-mail her at [cybele@corpoyogastudio.com](mailto:cybele@corpoyogastudio.com).

Fitness Together is the industry leader in one-on-one personal fitness training and personal nutrition. Whether you are looking to lose weight, tone and tighten muscles or simply work toward better health, Fitness Together pairs you with a personal fitness trainer in a private setting equipped with a workout plan tailored just for you. At Fitness Together, it’s about one client, one



Kids had a great time!



Scott Baumann, *Fitness Together*, leads the way in a morning exercise and relaxation class for adults.

ting yoga to release stress, improve functional strength, flexibility and overall health. The proceeds from the event were all donated to BBBS of Greater Miami.

“I partnered with Scott Baumann of Fitness Together for this event and we have already decided that we will do

trainer and one goal. For more information, visit [www.fitnessstogethermiami.com](http://www.fitnessstogethermiami.com), call Scott Baumann at 305-298-3838 or e-mail him at [scottbaumann@fitnessstogether.com](mailto:scottbaumann@fitnessstogether.com).

Big Brothers Big Sisters of Greater Miami is the oldest and largest youth mentoring organization in the United States. BBBS of Greater Miami, founded in 1958 and now celebrating its 50 year anniversary, is one of the largest local agencies in the country, serving more than 7,000 local children, volunteers and families through professionally supported, one-to-one relationships with caring adult volunteers.

For information about Big Brothers Big Sisters of Greater Miami, visit [www.wementor.org](http://www.wementor.org), call Laura Fernandez at 305-644-0066, ext. 228 or e-mail her at [lfernandez@bbbsmiami.org](mailto:lfernandez@bbbsmiami.org).