



Breathe Yoga SXM to Begin Classes at Karakter on Simpson Bay Beach

Breathe Yoga SXM is expanding its offerings on Sint Maarten, adding a Saturday morning class at everyone's favorite beach bar, Karakter.

SIMPSON BAY, Netherlands Antilles - Jan. 22, 2014 - [PRLog](#) -- Two Sint Maarten favorites have come together to offer an early morning yoga class on Saturdays. Breathe Yoga SXM will offer a Vinyasa Flow, all-level, one-hour class at 8:15am on Saturday mornings beginning on January 25, 2014.

"I love the team over at Karakter and I am excited to start this new class there," says Erica Danielle, founder and lead instructor at Breathe Yoga SXM. "This 8.15am option adds some variety to the Saturday morning yoga schedule presently available on the island. Practitioners can start their weekends earlier, on the beach, with the option of grabbing breakfast or a smoothie immediately after class. If I weren't teaching the class, I'd be there."

Classes will be \$15 each, with an option to purchase a 5 class pass for \$65; individuals who cannot afford to pay the full amount (or anything at all for that matter) may join without issue.

Breathe Yoga SXM continues to offer classes three days per week at Simpson Bay Resort and Marina (Monday, Wednesday & Thursday at 8:00am) and at the Country Club at Port de Plaisance (Monday & Wednesday at 6:30pm, and Saturday at 10:00am).

About Breathe Yoga SXM

Breathe Yoga SXM was founded in 2013. Breathe starts from the philosophy that everything and everyone is perfect as they are. As a result, one's yoga practice is always perfect.

Beginning first with self-love, Breathe offers balanced, peaceful yoga experiences that will challenge you to lose thoughts, increase strength and gain mental and physical flexibility. These ideas are brought to life through the Breathe Method (TM), which combines the Breathe philosophy, Vinyasa Flow Yoga, core-centered poses, and Yin yoga poses.

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Source	Breathe Yoga SXM
City/Town	Simpson Bay
State/Province	St. Maarten
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