



CAFE
namaste

wellness & lifestyle

RESIDENTIAL



REIMAGINE WELLNESS.

At Cafe Namaste, our vision is to cultivate a thriving community centered around wellness, connection, personal growth, and making a positive impact. In our world, people come together to support each other's well-being, foster meaningful relationships, and create a ripple effect of positive change.

Through our programming, we aim to inspire and empower individuals to live their best lives, while contributing to the well-being of the wider community.

WELLNESS BEGINS AT HOME

Wellness isn't just about taking a fitness class once a week. We believe there is a different way to live that encompasses mind, body, soul, and community. The spaces in which we occupy the most have an impact on our health and well-being, at home and at work.

Our goal is to create healthier and happier communities at home and the very places you frequent.

good
energy

CAFE NAMASTE
GOOD ENERGY
TANK 30
TEES 28
TOTES 18

Shop directly
on your phone.

WELCOME
YOGA AND
BRUNCH
AT X MIAM
@CAFENAMASTE SO

CAFE
nam

About Cafe Namaste

Cafe Namaste® is a vibrant and inclusive community centered around wellness and connection. We create transformative experiences and programming to inspire, empower, and connect individuals on their journey towards holistic well-being. Our aim is to help individuals reach their highest potential with balanced and fulfilling lives, promoting well-being in all aspects - physical, mental, spiritual, social. Through our offerings, events, collaborations, and community engagement, we aim to create meaningful experiences that have a lasting impact on the lives of participants.

corporate wellness

Corporate wellness is more than fitness. It's about creating a culture of physical and mental well-being so your employees can show up as the best version of themselves. Cafe Namaste offers comprehensive programs to support the well-being of employees in the corporate sector. Our corporate wellness initiatives are designed to enhance physical and mental health, foster work-life balance, and create a positive and productive work environment.

residential + hospitality

Namaste Living is an exclusive offering by Cafe Namaste that combines the comfort and convenience of on-site residential living with transformative yoga, wellness classes and signature events. This unique program allows residents to immerse themselves in a holistic and rejuvenating experience, where they can deepen their yoga practice, engage in wellness activities, and enjoy the benefits of a supportive community while being in the comforts of their home. Namaste Living offers a range of residential experiences designed to enhance physical, mental, and spiritual well-being.

public events and pop-ups

Cafe Namaste creates wellness communities where community doesn't exist. We'll utilize space to bring it to life with our pop-up collaborations, activations, and partnerships with commercial spaces.

Our Services



What we offer

Yoga and Wellness Classes:

Namaste Living offers a diverse array of yoga and wellness classes conducted by experienced instructors. Participants have the opportunity to engage in daily yoga sessions, meditation practices, breathwork exercises, and specialized workshops. Classes are tailored to accommodate various skill levels, from beginners to advanced practitioners, ensuring that every individual can find the right balance for their needs.

Holistic Wellness Activities:

In addition to yoga classes, Namaste Living provides a comprehensive range of wellness activities and events to foster overall well-being. These may include nutrition workshops, cooking classes focused on healthy and mindful eating, mindfulness and stress reduction sessions, and other activities that promote self-care, relaxation, and personal growth.

Community and Connection:

Namaste Living places great emphasis on fostering a sense of community and connection among participants. The program encourages social interaction, group discussions, and shared experiences to create a supportive and inspiring environment. Participants have the opportunity to connect with like-minded individuals, form lasting friendships, and embark on their wellness journey together. Participants are also invited to join our volunteer days in the community.

Personalized Experiences:

At Namaste Living, we understand that each individual has unique goals and preferences. Therefore, our program offers the flexibility to personalize the experience. Participants can choose from a variety of classes and activities based on their interests and needs. Additionally, individual consultations with wellness experts are available to provide personalized guidance and support.





Meet the founder

Sam Reynolds

Samantha Reynolds, yoga teacher, lifestyle architect, and founder of Cafe Namaste, brings her unique blend of expertise and inspiration to the Miami community and abroad. With a background in various yoga disciplines and a dedication to holistic wellness, her greatest joy is helping people discover their highest potential through a well-balanced lifestyle.

Sam initially created the concept of Cafe Namaste in 2019 as a yoga and plant-based brunch experience at a rooftop apartment building in downtown Miami to give modern professionals a healthy way to reset and recharge. Sam envisioned a community for wellness, connection and growth beyond the studio walls. Cafe Namaste has since grown to include wellness programming, services, and philanthropic initiatives. In her nine years of industry experience, Sam has designed wellness programs and led classes for corporations like Hyatt Hotels, Sonesta International, PMG, Ernst & Young, and Capital One Cafe in addition to operating in more than 12 residential buildings.

In addition to events and classes, Sam created *Project Namaste*, social outreach initiatives to engage the community in volunteerism while helping local partner non-profits. She is committed to ensuring Cafe Namaste is a holistic brand for personal and social well-being.

Background

After living in four countries for more than six years, Sam never imagined that her most significant trip would be the journey inward. Her experiences overseas ultimately led her to study yoga. Prior to transforming her life, Sam worked in Rwanda as an executive assistant and mentor at a non-profit for orphaned teens, *Agahozo-Shalom Youth Village*. She also spent five years in Prague creating educational programs on European history and Holocaust studies for the University of Miami, her alma mater. Sam's commitment to global well-being is underscored by her upcoming 2024 tour to Rwanda, reflecting her dedication to fostering holistic wellness and meaningful connections on an international scale.

Education

Sam is an 500-hour Yoga teacher. She earned her Master's from UM in 2008 with a degree in International Administration and a concentration in European Law.

Classes

sample class descriptions

Yoga

Vinyasa Flow (All Levels)

This mixed-level class incorporates both alignment of the body and vinyasa (breath by breath movement). In this class, you design your own experience, with the instructor suggesting ways to focus on inner awareness or ways to build heat and challenge. Class includes sun salutations, standing and seated postures, pranayama, and meditation. (energetic)

Slow Flow + Restore or Gentle (All Levels)

This class will flow slowly through sun salutations and postures designed to build awareness and peace, while also keeping the body flexible. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures which settle the body and mind. Those new to the practice will benefit from the slower pace and emphasis on reclining and seated postures. More experienced students find Slow Flow a place to reconnect with the fundamentals of practice and to cultivate mindful awareness.

Fitness

Core Power Hour: Drills and Conditioning

Inspired by yoga asana, this class focuses on building strength and stability within the body. Class includes a mix of sun salutations, yoga postures and core work. Instructor will offer options and modifications to suit all levels. May include option to work on arm balances, handstands, and body conditioning.

Cardio + Sculpt

Get ready to move to the beat, have fun, and get fit! Dance inspired cardio workout with elements of body weight conditioning and/or weights. Class has a variety of music genres. Weight use dependent upon class and instructor.

Mat Pilates

Using the Pilates method, learn how to safely and effectively build strength in the body with an all-levels mat pilates class with low impact movements.

OUR CLIENTS

CURRENT AND PAST

Apartment Communities

X Miami by PMG

Alea Miami

Park Line

The Boulevard

Milagro Coral Gables

Leena Plantation

LifeTime Living Gables Station

The Ellsworth Plantation

Society Las Olas

The Palma Doral

Altis Little Havana

Wynwood Haus

Residences

The Elser Hotel & Residences

Park Grove Residences

Biscayne Beach Residences

Hotel & Commercial

Nautilus Sonesta Hotel

Showfields Miami

TimeOut Market Miami

Corporate

Gables Engineering

Hyatt Hotels

Ernst & Young

Phocuswright Conference





Cafe Namaste

YOGA + BRUNCH SOCIAL

Join us for a soulful morning at the Cafe Namaste™ with an empowering yoga class, plant-based brunch bites, connection, and inspiration. This is the ultimate place to relax, recover and set your intentions after a long week. Gain clarity & get inspired! No yoga experience necessary. Organic beverages + healthy plant-based breakfast bites are included.

The Experience:

- Ice breaker to meet neighbors
- Yoga class (all levels, beginners welcome)
- Healthy plant-based breakfast bites and coffee
- Pop-up vendor market with local brands when available (vegan, socially responsible)
- Pool therapy
- Recharge, get inspired, and enjoy a dose of #selfcare at the Cafe Namaste™





Wellnes Happy Hours, Sunset Yoga + Sound Bowls

SUNSET YOGA + SOUND BOWLS OR FULL MOON YOGA

Reset and recharge with a relaxing yoga class and sound bowl experience. The class will be a gentle yoga practice focused on longer holds (yin-inspired) and it will end with a soothing sound bowl session to calm the body and mind.

No experience is necessary. Bring a mat, towels, and any props you need to relax and unwind.

Enjoy complimentary mini-massages before or after class to relax and de-stress. Healthy refreshments will be served after class. (optional extras)





Bollywood Nights

CULTURAL NIGHT: BOLLYWOOD DANCE + HENNA + FOOD

Bollywood Nights is a fun cultural evening with a Bollywood introductory dance class, henna tattoo station, and Indian appetizers from one of our local partner restaurants. Learn how to dance, Bollywood style, with one of our dance teachers and choreographers from India. This is a fun and upbeat class great for all levels and all ages.

Enjoy a special pop-up Henna art station with local Indian artist. Henna tattoos are a form of body art in which decorative designs are created on a person's body, using a paste created from the powdered dry leaves of the henna plant.

- 60-minute interactive Bollywood dance lesson
- Henna tattoo station for all ages!
- Sample Indian appetizers and non-alcoholic beverages (vegetarian or vegan friendly)
- Wear your brightest colors!

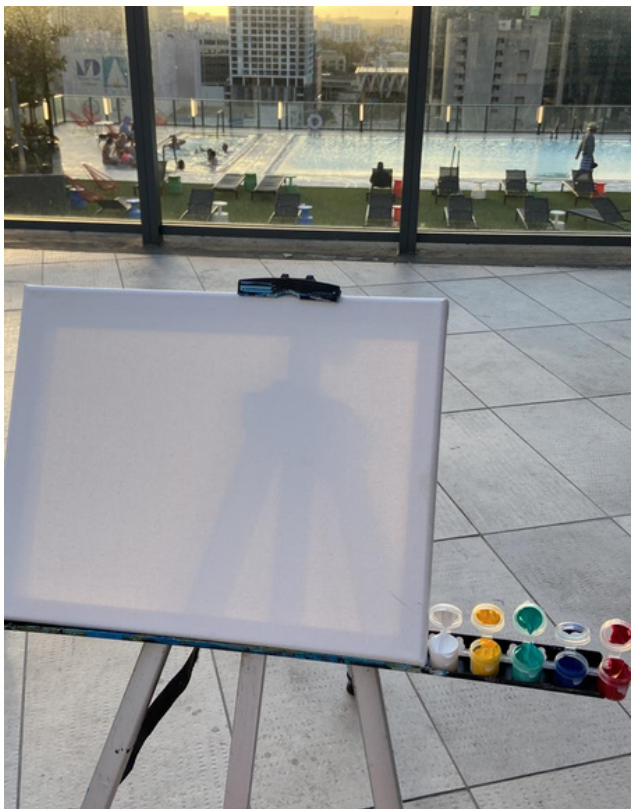




Mindful Painting

MEDITATE + PAINT

Tap into your creative side by connecting with mind, body, and soul! Learn how to develop a clear mind to create from the soul. No meditation or art experience is necessary. An easel, canvas, and paint will be provided. Suitable for teens and adults.



Manifest and Create!

VISION BOARD WORKSHOP

Envision your Best Life and Create Your Own Vision Board!

One of our coaches will guide you through creating the life you want. Get ready to design! Class includes canvas, special gift from lifestyle brand Spiritual & Luxe and refreshments. Bring any magazine clippings or inspirational pieces to add.



Price List.

wellness programming.
classes + events.

WEEKLY CLASSES (EVERY WEEK)

1 X \$175

2 X \$165

3 X \$155

4 X \$145

MONTHLY (JUST 1-2 TIMES)

1 X PER MONTH \$250

2 X PER MONTH \$200

POP-UP WORKSHOPS & EVENTS

VARIES

- Mindful painting (adults or children)
- Vision board workshop
- Meditation /stress management
- Sunset Yoga & Sound Bowl Social
- Cafe Namaste Poolside Social (optional live music)
- Cultural dance classes/events including Bollywood Nights and Salsa 101
- Chair Massage Days

Classes range from yoga, core, pilates, and fitness. We can help you design a schedule. If there is something special you have in mind, let us know. Classes are based on 3, 6-month+ contracts, no cancellations. Only instructor is provided unless otherwise agreed upon in advance. Special rates for contract pricing.

Interested in creating a studio on-site? Let's chat.

project: namaste

Volunteer programs and community development



Community with an Impact About our Volunteer Programs

Project: Namaste serves the community to improve the lives around us. Our goal is to empower individuals to be agents of change by providing volunteer programs to the community, partnering with existing non-profits and offering wellness programs to the communities in need.

We work with local organizations focused on empowerment, wellness, and human development. We believe long-term relationships are a key to success and making an impact.

In addition to offering volunteer programs, we offer wellness classes, events and general support to under-served populations, including homeless centers and to children in need. Our hope is that we strengthen community involvement in building a better future for all of us.



WHAT THEY'RE SAYING

Adelyn Orfila



I'm the events manager at X Miami, a social apartment community that hosts monthly events and fitness classes for its residents. Having Sam as a vendor was an absolute pleasure! Her brand Cafe Namaste was loved by all of our residents and brought a sense of community to our building. As a vendor, she's completely self sufficient and organized. She teaches an amazing yoga class that's great for all levels. She has many connections around the community and brings local vendors on-site such as vegan restaurants and hand-made boutiques. She also invites guest speakers to talk to our residents and connect with them on a deeper level. On another note, she can also organize events outside of her Cafe Namaste brand, which speaks volumes of her versatility and adaptability. Overall, Sam is a complete breath of fresh air in Miami. I cannot recommend her enough for Cafe Namaste and other events.

Ryan Zelden



I've had the pleasure of working with Sam (owner of Cafe Namaste) here at Society Las Olas. We are one of the largest luxury social communities here in downtown Fort Lauderdale with over 700 apartments and over 900 active residents. We aim to provide memorable experiences so our residents make the most out of their experience living here. Sam inspires positivity and community to each of our residents at every Cafe Namaste event at Society Las Olas. The event has continued to grow each and every month, especially with Covid-19 restrictions being lifted. She not only is a wonderful Yoga instructor, but she also collaborates with local businesses and showcases them at each event. These small businesses range from local restaurants to small batch candle and essential oils. We even had the pleasure of bringing complimentary massages to our residents during these wonderful events. Sam Reynolds is an absolute gem to work with!

Victoria Lowry



I had the pleasure of working with Sam during my time as Lifestyle Director at Society Las Olas - a high rise community in Ft Lauderdale with over 700 units. Once a month Sam brought Cafe Namaste to the property and with it a sense of community and well being that residents loved! Her event consisted of mindfulness, intention setting, and meditation, curated vendors and vegan treats, as well as an incredible vinyasa class tailored to all levels that left everyone feeling renewed & rejuvenated. Sam is an incredible yoga teacher, leader, and role model. Her talent is displayed in her capability of efficiently running large scale events with organization and care, all the way to teaching one on one intimate sessions. I highly recommend working with Sam!

good energy

cafenamaste
let's connect



www.cafenamaste.com
609.222.2222

MOTHER'S DAY
YOGA & BRUNCH
@
BISCAYNE BEACH
CAFENAMASTE SOFLO

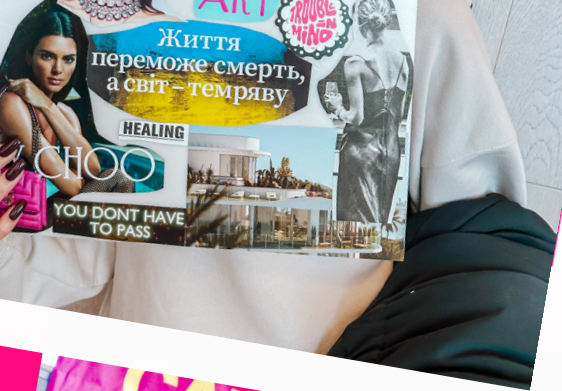
CAFE
namaste
fuel your soul.



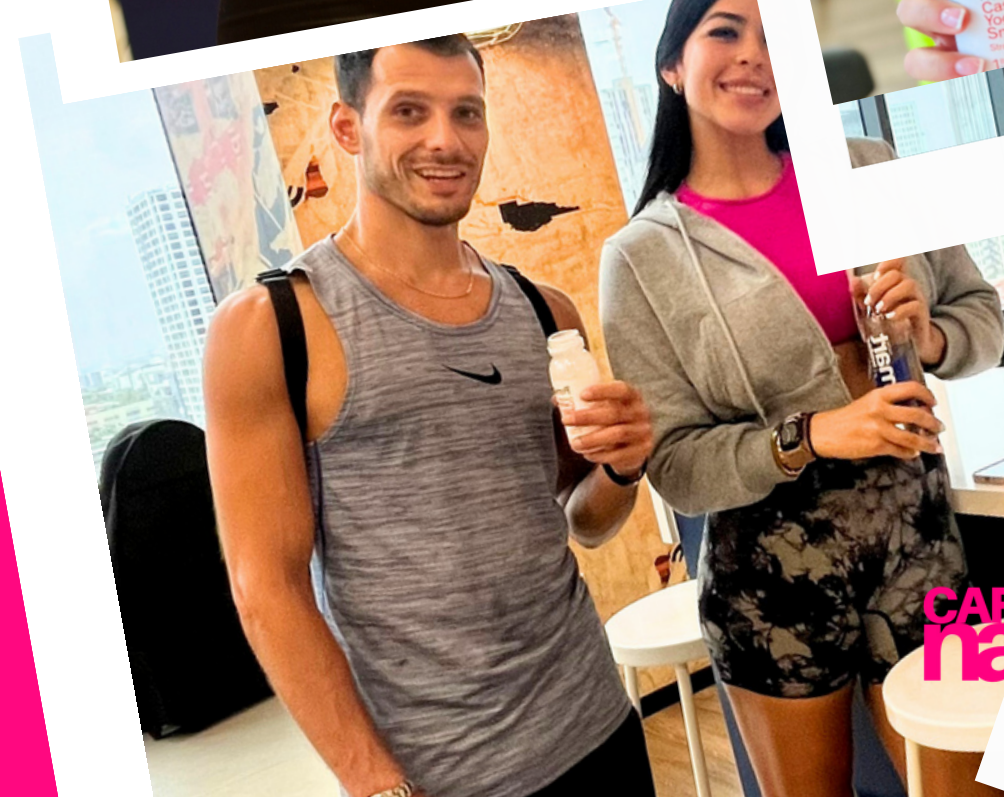








ALEA MIAMI



CAFE
namaste
fuel your soul.

PARKLINE



CAFE
namaste
love your soul

THE BOULEVARD



CAFE
namaste
fuel your soul

PARK GROVE RESIDENCES



THE ELLSWORTH



YOGA & SAX
BRUNCH
SOCIAL @
THE ELLSWORTH
CAFENAMASTE_SOFLO

CAFE
namaste
Food for your soul



THE PALMA DORAL



CAFE
namaste
fuel your soul



BISCAYNE BEACH RESIDENCES



LIFE TIME LIVING GABLES STATION



CAFE
namaste
fuel your soul.

ALTIS LITTLE HAVANA



Terms.

the details.

Rates

These rates are effective January 1 2024 - June 30, 2024.

Payment:

Payment must be paid in full in advance to secure dates and instructors three weeks in advance. Payment may be made by check, bank transfer (1%) or credit card (3% processing fee). Additional arrangements may be made upon agreement.

Non-Compete

Any vendor or instructor on property is contracted to work with Sam Reynolds LLC and client agrees not to hire staff for similar events, workshops, and/or classes in the building directly for a period of 6 months.

Cancellation Policy:

Workshops and Events are non-refundable. In the event of rain - depending on location - yoga can be moved to a covered portion. In the event of a hurricane, event may be rescheduled based on an agreed upon time. Extra food orders are non-refundable.

Waiver and Release of Liability:

Outside guests (when applicable) are required to sign a waiver and release of liability from Samantha Reynolds yoga instruction unless building is covered in its entirety. Sam Reynolds LLC is not responsible for items eaten by residents. Any food ordered will be through a catering company or pre-packaged.

Contact:

Sam Reynolds LLC
305-908-2410
1825 Ponce de Leon Blvd #119
Coral Gables, FL 33134

Contact Us



1825 Ponce de Leon, Coral Gables, FL 33134



305-908-2410



hello@gocafenamaste.com
gocafenamaste.com



@cafenamaste_soflo



CAFE
namaste
fuel your soul.

good
energy.

CAFE
namaste