



**Frankie Hart** is a Yoga Teacher with over 10,000 hours of teaching experience. She has owned and operated Satya Life Yoga in Lakeland, Florida since 2004. Frankie leads Yoga Teacher Training certification programs yearly. She has been teaching the art of movement and healing for over thirty years. Her credentials

include ERYT500, YACEP, RPYT, MFA, and Master Level certified Qigong Instructor.



Satya Life Yoga  
strong body, quiet mind

### **Her comments about her October 2020 retreat at Well Being Retreat Center:**

*The Well Being Retreat Center offers your soul moments of heaven on earth.*

*This fall I returned to the center to offer my annual yoga retreat and the majestic beauty of the place was appreciated by all of us even more deeply during this current pandemic. Don and Patty worked magic. They had enhanced their already amazing facilities to include a covered outdoor space that we used for the yoga classes. The view of the river was tranquil, the sounds of nature soothing, the wooden deck supportive and easy on the body for practice, and the cozy heated blankets for meditation were both practical and luxurious. We enjoyed the delicious meals outside as well. The spacious seating arrangements and fresh air created an atmosphere that allowed us to grow close together even as we sat six feet apart. If you haven't yet tasted the food, you are in for a treat! The freshest ingredients wonderfully prepared with items right out of their garden will rejuvenate you and have you feeling how much love and care they put into each dish.*

*The tai chi experiences I taught on the mountain top were as lovely as ever. What a gift to breathe in this air, to walk this land, to be quiet in this space, to sit by a fire, to see the stars twinkle from the balcony of my cabin at night.*

*With infinite love and appreciation, I am looking forward to coming back next year!*

Namaste,  
Frankie Hart