

Local Yoga Studio Hangs Around To Help Plantation Go Green!

Temple Arts Supports the annual Green Day event at Plantation's Liberty Tree Park

(April 26th 10-2pm)

Temple Arts was so excited to help out at the annual Green Day event in Plantation that they were swinging from the trees. All kidding aside they really were, Temple Arts introduced their new Om Gyms at the Liberty Tree Park this Saturday, which hangs from a tree, from a ceiling or in a cage like contraption that holds it off the ground. Made from parachute material with a hammock looking piece and two leg and arm straps to each side, they literally can have you hanging from a tree. These funky pieces of cloth will have you twisting and bending in all kinds of yoga positions! Amanda Bernabe one of the owners of Temple Arts was demonstrating the Om Gym. She put one foot in each of the stirrup like leg straps then one hand on each arm strap and proceeded to casually drop into slips in every direction. Now after showing some other mind blowing stunts she assured me as she hopped down that there were very simple moves that even a beginner could do in the Om Gym. One of Amanda's neighboring booth vendors chimed in "She sure puts a whole new meaning to hanging around."

So what does hanging from a tree and doing yoga have to do with Going Green, well aside from the amazing Om Gym spectacular Amanda and her partner, who also is her mother, Wanda Clemens were at the event showing off their Eco-friendly line of active wear. All the pieces were either 100 percent organic or made of recycled materials. Each piece had inspirational logos like "Be the Change," "Transform and Transcend," and there most popular line "Got Bliss? Yoga does a Body Good." The fabric of this line is soft and silky and feels like you are wearing pajamas but still looks great on. Amanda was sporting one of the "Got bliss?" shirts and told me she had a funny story on how the name for the shirt came to be, "My spiritual name is Ananda which means bliss in Sanskrit, one of my friend and I were kidding around with each other and she stopped and said "whatever Ms. Bliss!" and laughing back I said Got Bliss? and we both looked at each other and scrambled to write it down."

Wanda and Amanda both agreed that they felt a strong need to come and support the Green Day event in Plantation, "Our planet is more fragile then a lot of people seem to think it is, even the small things we think we are doing makes a big impact on the world, good or bad," said Amanda, "We want to help make it good." Along with supporting events like Go Green Amanda and Wanda go green at their yoga and dance studio Temple Arts in Plantation Florida. "We recycle by collecting and bringing the items home because our plaza doesn't recycle, and we use all eco-friendly products to clean the studio which is both safe for the students and great for the world," said Wanda.

Temple Arts

If your into yoga, dance and great eco-friendly gifts check out this great family run business in Plantation Florida, Temple Arts, located at 220 S University Dr. Plantation Florida, 33324. Or call them at (954) 916-6116. They also excitedly told me about their new location to be just ten minutes away in Davie Florida at 5619 S University Dr. in the Davie Square Plaza. Temple Arts will be in a 7200 sq ft facility and will be adding Martial Arts, Pilates, Spin, Chinese Medicine, Acupuncture and Massage to their current Yoga and Dance programs. Look for the new studio to open in late August early September.

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