



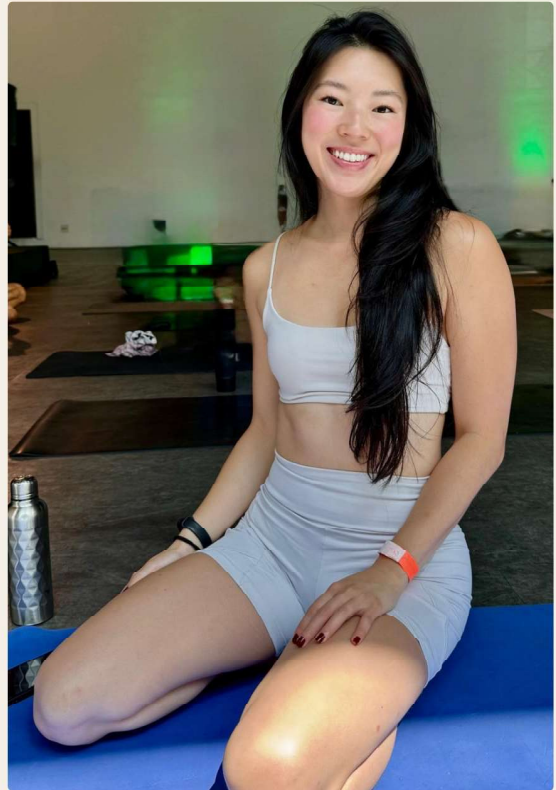
Letícia Yamane

The chaos stays off the mat.

Yoga for people who live at full speed.

Letícia teaches yoga for people who live at full speed. With a background in Naturology and experience in Hatha, Vinyasa, Hot Yoga and meditation, she guides practices that range from dynamic movement to deep relaxation, adapted to the people in the room, from beginners to experienced practitioners. The goal is always the same: leaving class with a calmer mind than when you arrived.

The chaos stays off the mat.



12

years of practice

5

years teaching

2

languages: English and Portuguese

4

studios she teaches at

TRAINING

Degree in Naturology

Hatha Yoga

Vinyasa Yoga

Hot Yoga

Meditation

AUDIENCE

Ages 25 to 50

core age range

80% women

20% men

Brazilian and international students, in private, group and corporate classes.

Ways to work with Letícia

From private sessions to events for large teams, always with the same care.



Private classes

A personalized practice, at each student's pace.

Group classes

At partner studios and for private groups.

Online classes

Live, from wherever you are.

Corporate events

Yoga and meditation for teams, in English or Portuguese.

Yoga in English

IN SÃO PAULO

Classes and events taught entirely in English, for expats, international teams and Brazilians who want to practice the language while they practice yoga.

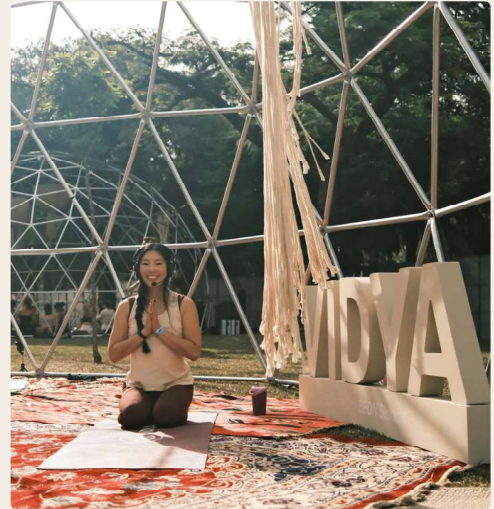
· Bilingual classes, taught in English

· Corporate events at multinationals

Events and partnerships



Group class at NOW Festival, with Vidya



PAST EVENTS

J.P. Morgan	Meditation in English
NOW Festival	Group class
Indovynia	Corporate event
Classes in the park	Private groups of 10
Other companies	Corporate events in English

STUDIOS

Vidya
Zaya
Balance
Talura

Shall we create a pause for your team?

WHATSAPP

+55 11 96192-5250

INSTAGRAM

@leleyamane

EMAIL

leleyamane@hotmail.com

WEBSITE

Coming soon

Rates on request · Classes in English and Portuguese