



Alexis Benitez Founder of Samadhi Yoga Shala, was born and raised in New Jersey. She has been teaching Vinyasa Yoga since 2015. She started teaching corporate yoga while working at Hewlett Packard in Guadalajara, Mexico and then transitioned to Miami where she started teaching out of her patio and then living room. Her goal is to share with everyone the wonderful magic of yoga. She is certified by Yoga Alliance RYT 200 from VY Vinyasa Yoga School in Mexico. She also did her Kundalini Teacher Training Level I from Kundalini Life Miami 2017, led by GuruDass Kaur, Sat Kartar and Raviinder Khalsa and has been teaching Kundalini Yoga

since. She went to Massage School at Massage and Acupuncture College to deepen her practice and understanding of the physical body. Her practice is a time to set everything aside and connect to your inner being. The powerful awareness you will experience through the practice is what takes you to your mat.

For Alexis, Yoga is about the inner changes and awareness that goes on in the body and mind. Alexis has personally healed her anxiety and depression through Yoga and hopes to share those positive effects among others.

Sat Nam,

Alexis Benitez (Hari Deva Kaur)