

WELLNESS CLUB  
SOTOGRANDE

MEET THE TEAM



YOGA TEACHER  
INMA CARDONA

Hatha, Vinyasa, Yin Yoga and Meditation Teacher.  
Vipassana Meditator.

“All my professional Yoga studies have been in **India**, where I lived for a year, but my major journey with Meditation began in **London** over ten years ago. From a very young age I embarked on a conscious path to understand the **mind-body relationship**, the organic and intuitive side of emotions, Yoga for **mental development and spiritual evolution** was a very conscious decision. **Yoga and Meditation** became my lifestyle, and a transformative practice where I teach and accompany others in a process of **self-discovery and liberation**, to live a healthy, fulfilling and harmonious life”.

BOOK YOUR SESSION

+34 956 922 894 | [sowell.sotogrande@so-hotels.com](mailto:sowell.sotogrande@so-hotels.com) | [www.so-sotogrande.com](http://www.so-sotogrande.com)  
Av. Almenara S/N, 11310 Sotogrande, San Roque, Cádiz