

Shining a light on the people of Naples, Bonita Springs and Estero.

# SPOTLIGHT

NEWS MAGAZINE



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## The SPOTLIGHT: *business recognition*



### **Joyful Yoga cuts the Blue Zones ribbon**

Joyful Yoga is the first yoga studio in Bonita Springs to be Blue Zones Project recognized. To become a Blue Zones Project recognized organization, Joyful Yoga hosted a Purpose Workshop to foster a stronger sense of purpose among staff and clients. Joyful Yoga offers bike racks to clients, regularly hosts well-being events and promotes volunteer opportunities in the community. Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit [southwestflorida.bluezonesproject.com](http://southwestflorida.bluezonesproject.com)

Send your photos and announcements to [spotlight@swspotlight.com](mailto:spotlight@swspotlight.com).

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