

Shahar Kovetz

Shahar's Spiritual Warrior Path

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Saint Petersburg FL
(845) 269-0233
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Schedule

Body Electric Yoga Company — Yoga Classes

Mondays - 7:15 am - 8:15 Hot Power Yoga

Tuesdays - 12pm - 1pm Hot Hatha Yoga

Friday - 9:30 am - 10:45 Hot Flow Yoga

Open Park Classes / Flora Wylie Park 13th Ave NE — QiGong / Tai Chi / Martial Arts

8am - 9am (QiGong)

9am - 10 (Tai Chi)

10am - 11 (Martial Arts)

Workshops / Private Coaching— Tai Chi & Qi Gong / Yoga/ MMA

Workshops - Follow me on my Facebook Group:

[St Pete Tai Chi & Martial Arts](#)

Private Coaching - Reach out to me directly

(845)- 269- 0233

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Short Bio

I have been practicing and teaching Tai Chi and a variety of energetic disciplines such as martial arts and yoga since childhood. Traveling and studying under grandmasters, gurus, and experts from all over the world. I have dedicated my life to teaching and honing these spiritual disciplines with the hope to help others reconnect to nature and to their highest selves.

