

HERLIFE®

KEEPING WOMEN CONNECTED

*Tracie
Wright-Vlawn*

FOUNDER OF LUVMEYOGA

Plus

BENEFITS 101

BENEFITS YOU REALLY WANT

HEALTHY SKIN

SKIN SAVING RECIPES

SHOE FETISH

INVEST IN YOUR FEET



HERLIFE[®]

MAGAZINE



TRACIE WRIGHT-VLAUN



8 contents

- 4 WELCOME
- 8 HEALTH
- 10 SPOTLIGHT: JULIA NESHEIWAT
- 12 BEAUTY
- 14 INSPIRATIONS
- 18 CRAVINGS
- 20 RECIPES
- 21 LOVE AND RELATIONSHIPS
- 22 FINE THINGS
- 24 TRENDSETTER
- 32 SPOTLIGHT: CT KIDS
- 34 WORKING WOMEN
- 36 REAL ESTATE
- 38 SPOTLIGHT: DR. SAMUEL SADOW
- 40 TIE THE KNOT
- 42 SCENE AND BE SEEN
- 48 CALENDAR

12



22



LUVMEYOGA

In a world full of noise, confusion and chaos, Tracie Wright-Vlaun has found peace, clarity and inner-balance. Through her yoga practice, Luvmeyoga, Tracie is using her life experience and training to help others obtain their own personal awakening.

Tracie Wright-Vlaun

Luvmeyoga

BY KRISTEN DOYLE
PHOTOGRAPHY BY DANA FRANCE & ROCHELLE HAISLEY
OF SUGAR BELLE PHOTOGRAPHY
STYLIST: ELIZABETH ARAUJO OF CONSIGNED COUTURE
HAIR AND MAKEUP BY NATASHA CARLO
CLOTHES PROVIDED BY CONSIGNED COUTURE, NORTH PALM BEACH
LOCATION: HAULOVER BEACH, MIAMI BEACH, FL

In a world full of noise, confusion and chaos, Tracie Wright-Vlaun has found peace, clarity and inner-balance. Through her yoga practice, Luvmeyoga, Tracie is using her life experience and training to help others obtain their own personal awakening.

As a young girl, Tracie was influenced by the women on the cover of *Shape* magazine and began taking an active interest in her overall health. She started training, always watching what she ate and remaining active. Eventually, her focus and training paid off and she began what would become her 16-year-long career as a model with Elite Model Management and the Ford modeling agency.

As a model, Tracie was experiencing the world in a way she had always dreamed, but it was evident to her that something was missing. “I was traveling the world as a model, living in LA, New York, Europe, Africa, etc. It was an exciting time but I began to notice that

there was a certain amount of anxiety within the modeling world, and I was experiencing it too.”

Tracie was modeling in Africa when she first became exposed to yoga. “I became involved with yoga and soon discovered that it was the only thing I found that eased the anxiety I was feeling (even though I didn’t really acknowledge that I was anxious prior!). I had previously trained in pilates, boxing, running...I tried it all, but nothing gave me the same effects as yoga. I began to realize that I lacked balance in my life and I was not always calm and centered.”

Tracie’s love for yoga grew and she quickly became determined to share the practice of yoga with others. However,

she knew that she needed to do things differently. “The only part of yoga that I couldn’t get used to was the pace...it was too slow for me,” shares Tracie. “I often found myself getting bored and I really wanted to feel like I was getting a workout. It was in the depths of finding my center and ‘getting my sweat’ on, that I created AEROGA™.”

AEROGA, a combination of lengthening, stretching and cardio exercises meant to expand upon the proven health benefits of traditional yoga by adding in an element of heart-strengthening cardiovascular work, has become the core of Tracie’s work. “I am a classically trained musician, so the ‘Rhythm of Life’ in AEROGA is formulated from the beat





of the particular music I use in each session and intuitively from the beat in my soul.”

Through her business, Luvmeyoga, Tracie is sharing the importance of wholly loving who you are as it relates to the healing power of yoga.

“Yoga has changed who I am today. I now have an underlying sense of peace that definitely wasn’t there prior to yoga. Life is hard...things happen and nothing is really that easy, but at the end of the day, health is everything and without it you have nothing. Yoga, including AEROGA, is the healthiest workout I have ever experienced.”

As Luvmeyoga grows, Tracie is moved by her opportunity to help and inspire other women and men and to encourage them to love their bodies, minds and spirits. “My goal is to enlighten people to the “awakening” that is happening around us. The awakening is the connection of all aspects in human beings... mind, body, soul, and the essence of peace, clarity and joy being shown and shared amongst our communities.”

“People today are so desensitized to chaos, lack, ugliness and violence,” continues Tracie. “They can’t even see that there is something else there. If people can get a glimpse of peace, happiness and clarity, then they can choose joy.”

The clarity and joy Tracie is referring to can be awakened by practicing yoga. Through Luvmeyoga, Tracie and her husband Chris are spreading the joy as well as the life-changing benefits yoga can bring to you. “Luvmeyoga is the platform for what I hope will be a new understanding of mind, body and spirit, integrating all of the scientific advances we have made in our conception of health. I am launching AEROGA as the first health and wellness product designed around the Luvmeyoga paradigm,” explains Tracie.

Luvmeyoga offers many levels of yoga to residents of Miami, Florida, in the

“My goal is to enlighten people to the ‘awakening’ that is happening around us. The awakening is the connection of all aspects in human beings...mind, body, soul and the essence of peace, clarity and joy being shown and shared amongst our communities.”



privacy of their own home. Beginning yoga sessions are offered for those clients who are new to the fundamentals of yoga. Power yoga is available for those students ready to push themselves to the next level of health and fitness. Clients hoping to find a way to relax, reduce stress, lose weight and build endurance are all finding the core balance to achieve these great things with Tracie’s guidance.

Tracie is anticipating big growth in the coming years. With plans to expand the Luvmeyoga studio, Tracie hopes to be able to offer bigger class sizes in the future. She also is in the planning stages for taking AEROGA on tour to other cities. “We often put on retreats in beautiful resort locations, but it is our intention to take AEROGA on tour so other cities will get to experience what Miami is lucky to have.”

In addition, Tracie is utilizing the advances of technology to share AEROGA with people through videos they can download to their television, phones or computer. This option will give more individuals access to the healing and grounding power of yoga.

Tracie feels blessed to be part of empowering both men and women to love themselves—body, mind and spirit—through the practice of yoga and AEROGA. Luvmeyoga is here to take wellness to another level and to transform lives—from the inside out. ■

If you are interested in experiencing what Tracie has to offer through Luvmeyoga, please visit www.luvmeyoga.com or call 786.216.7696. You can also email Tracie at tracie@luvmeyoga.com.

