

| THINGS TO DO |

The 18 Best Things to Do in Miami This Week



Saturday, August 13

This Saturday's yoga session is not just any yoga – it's **Puppy Yoga**! Join Esencia Wellness Spa as it partners with Animal Lovers Rescue (ALR) for a serotonin overload from local rescue puppies *and* a yoga sesh. ALR is dedicated to providing rescue for dogs from euthanasia, abandonment, and emergency situations. The adorably cute yoga class is open to the public (non-hotel guests are encouraged to bring their own mat and towel). *10:30 a.m. Saturday, at Esencia Wellness Spa at Eden Roc Miami Beach, 4525 Collins Ave., Miami Beach; 305-674-5540; edenrochotelmiami.com/spa. Tickets cost \$15 via eventbrite.com.*

Ashley-Anna Aboreden