

SPRING EDITION
2026

MIAMI EXPERIENCE THE MAGAZINE

BY ANA & JAIME

DISCOVER



How to effectively manage stress and enhance your
ENERGY IN MIAMI

EXCLUSIVE INTERVIEW

Eduardo Cofresi, the vision powering Miami's Luxury Developments

The ten most favorable dates of the year to discover the
BEST DISCOUNTS

KEN GRIFFIN

And his million-dollar wager on Miami

VELOCITY, OPULENCE, AND MILLIONS WITHIN A SINGLE WEEKEND

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MIAMI: IMMERSE YOURSELF, COMPREHEND IT, AND MAXIMIZE YOUR EXPERIENCE

@anayjaime.miami

Miami is a city in a state of perpetual transformation. Its energy, diversity, and opportunities are unparalleled. Here, a **dynamic lifestyle** that draws millions annually coexists with a robust business ecosystem, positioning the city as one of the most appealing destinations globally for investment.

In this inaugural **edition of Ana & Jaime Magazine**, we aim to connect you with the city's dual essence.

Through its experiences, gastronomy, events, and culture, as well as its real estate dynamics, investment opportunities, and the narratives of those influencing its growth.

This magazine was established with a distinct objective: **to assist you in discovering, comprehending, and leveraging Miami from a more comprehensive, informed, and strategic viewpoint.**

“Welcome to a city that is not only inhabited... but also envisioned.”

Inside the world of a luxury Real Estate Titan

EXCLUSIVE INTERVIEW

@anayjaime.miami



This interview encourages us to explore a viewpoint that perceives Miami as a city of opportunities, lifestyle, and global prominence.

"Vision, legacy, and the craft of creating luxury in Miami"

EDUARDO COFRESI

"BEYOND SALES, A LEGACY."

In the dynamic and competitive landscape of South Florida real estate, Eduardo Cofresi's name has become synonymous with strategic vision, commercial excellence, and profound market insight. As the Vice President of Sales at Fortune International and co-founder of The Cofresi Group alongside his wife, Luciene Cofresi, Eduardo has played a pivotal role in the marketing of some of the most iconic developments that shape Miami's skyline today.

With a proven track record surpassing three billion dollars in sales of branded developments, Eduardo currently spearheads sales for the prestigious Mandarin Oriental Residences Brickell Key project, one of Miami's most refined and eagerly awaited residential developments. Previously, he represented iconic projects such as St. Regis Residences Sunny Isles Beach and Baccarat Residences Brickell, while also contributing to architectural landmarks including the Porsche Design Tower, Residences by Armani Casa, and Trump Towers. His career is defined not only by impressive figures but also by his capacity to foresee trends, bridge cultures, and elevate real estate projects into genuinely unforgettable living experiences.

Ana and Jaime: Eduardo, as you reflect on your career and the over three billion dollars in sales, which decisions do you believe significantly impacted your journey?

Eduardo: *"It is a blend of productivity and achieving results that create greater opportunities. However, I have always been meticulous about my partnerships. I aimed to collaborate with reputable developers, individuals who could confidently commit to a project and see it through to completion. This is the philosophy that buyers should adopt: it is not solely about the brand or the location, but rather about the individuals driving the project."*

“IT IS NOT THE BRAND: IT IS WHO’S BEHIND IT.”

Ana and Jaime: You and your family have played a significant role in projects that have become iconic in Miami. Currently, you are engaged in the Mandarin Oriental Project, a development epitomizing the pinnacle of luxury. How has the perception of luxury in the city evolved in recent years, and what direction do you foresee it taking?

Eduardo: *"The market is driven by demand. Miami has attracted highly discerning buyers who possess a clear understanding of luxury. The shift is evident: previously, I desired an apartment with a pleasant view; now, I seek a three-bedroom unit with an exceptional view and an unparalleled location. I desire a butler, a restaurant, a spa, soaring ceilings, and a fully finished apartment featuring exquisite materials. There is a pronounced global trend of individuals increasingly pursuing amenities. Brands thrive by offering the lifestyle that people aspire to, characterized by luxury and exceptional service."*

They desire to possess everything exclusively, as though they were residing in a hotel, yet devoid of the influx of guests.

Ana and Jaime: South Florida, particularly Miami, has been your area of expertise. Based on your experience, what unique attributes does Miami possess that distinguish it from other global cities, rendering it a compelling magnet for investors, developers, and families worldwide?

Eduardo: *"First and foremost, the allure of Miami is undeniable. The city is stunning, enveloped by water, and boasts exceptional weather that draws numerous visitors, traditionally regarded as a favored vacation destination for those from the north. Recently, we have welcomed individuals from various regions, as our city continues to evolve and expand. Miami has transformed into a vibrant metropolis with diverse neighborhoods. The University of Miami has emerged as one of the premier institutions, and both the education and transportation systems have experienced remarkable growth. Numerous factors contribute to its reputation as a city where one can genuinely reside and engage. Coupled with the charm of its residents, the ever-present positive and proactive spirit, the capacity to facilitate opportunities for individuals, and a government that adopts a highly business-friendly stance, Miami stands out as an exceptional place to live. It is consistently ranked among the happiest cities globally."*

Ana and Jaime: In previous interviews, you have indicated that the business extends beyond merely selling properties. How do you interpret the concept of leaving a legacy in a city such as Miami?

Eduardo: "Leaving a legacy entails integrity and honesty. We guide buyers through one of the most significant moments of their lives; it is a dream. Supporting these buyers during this emotional period necessitates representing them with sincerity and integrity. Therefore, it is crucial for me to feel confident in the product, ensuring it is of high quality, situated in a desirable location, and backed by a dedicated team, as these are relationships I aspire to cultivate for a lifetime, rather than merely facilitating a single transaction."

Ana and Jaime: For an individual currently investigating investment opportunities in Miami, where do you believe the most intriguing prospects exist that have yet to become apparent to the luxury market?

Eduardo: "Two key factors: First, the growth. The area is consistently expanding, particularly in Brickell to the north along the coast; the opportunities are limitless. Additionally, there is a diverse influx of individuals from various age groups seeking different types of neighborhoods. It is no longer solely about South Beach or Brickell. Areas such as Coconut Grove are emerging as some of the most desirable locations. These distinct pockets of opportunity are developing where a specific demographic is purchasing, contributing to their success due to high demand and a unique profile compared to others."

Ana and Jaime: Your children are already actively engaged in the business, each bringing their unique talents. In what ways does a company strengthen itself by incorporating creative, global, and strategic viewpoints from various generations?

Eduardo: "We were Cofresi 1.0, and now we have evolved into Cofresi 2.0. Our children bring a contemporary vision that is highly relevant. This is where technology plays a crucial role; they possess enhanced perspectives and knowledge. Such insights open doors for us and facilitate our adaptation. Our ability to embrace the future and progress with the times is what truly benefits us."

Ana and Jaime: What single piece of advice would you offer to someone seeking to grow, invest, or reinvent themselves professionally in Miami?

Eduardo: "Miami is presently the fastest-growing city in the United States, excelling not only in real estate but also in technology and finance. The number of Fortune 400 and 500 companies that have established a presence there exceeds 230. The city offers increased interaction, demand, and opportunity; it is a fertile ground for innovative ideas. The advice is: What are you waiting for? If you do not seize this moment, you may miss your chance entirely. A prominent client remarked that Miami evokes memories of the transformation experienced in New York during the 1980s and 1990s amid the significant boom. Whether for vacations, a second home, relocation, or launching a business, I would advise them:

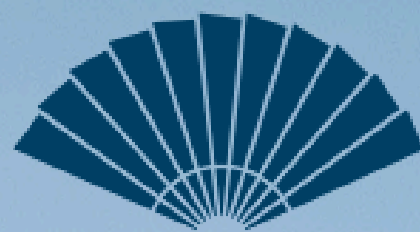
"WHAT ARE YOU WAITING FOR?"



Ana and Jaime: Miami is not solely focused on work. Personally, which elements of the city's lifestyle do you find most enjoyable, and how do they impact your business practices?

Eduardo: *"We are beach enthusiasts; I hail from Puerto Rico. One of the primary factors that drew me to Miami is, without a doubt, the climate and the coastline. Our inaugural meeting took place at a magnificent restaurant situated directly on the beach, on the sand. No one can rival that experience. The lifestyle of perpetually feeling as though you are on vacation in Miami not only simplifies personal matters but also enhances business endeavors."*

We extend our gratitude to **Eduardo Cofresi** for engaging in an open, informative, and thoroughly entertaining conversation with us. It was a genuine pleasure to share this platform with an individual who possesses an in-depth understanding of the Miami real estate market, embodying it with insight and sensitivity. We encourage our readers and listeners to follow us and remain attentive for forthcoming interviews, where we will persist in exploring the narratives, experiences, and viewpoints of those who are leaving their imprint on the city and influencing its present and future.



MANDARIN ORIENTAL
MIAMI

Situated on the prestigious private island of Brickell Key, **Mandarin Oriental Residences** redefines ultra-luxury in Miami through its two- to five-bedroom residences and exceptional penthouses, characterized by iconic architecture, expansive living spaces, and breathtaking ocean and skyline vistas. The development seamlessly combines five-star hospitality with resort-style amenities, including a spa and round-the-clock concierge service. It provides a private, sophisticated, and secure lifestyle with significant long-term appreciation potential.



ANA & JAIME
LUXURY PROPERTIES

Real Estate Agents - IRG

1000 Brickell Ave Suite 12A +1
786 247 7968



OPPORTUNITIES THAT ARE DRIVING THE REAL ESTATE AND BUSINESS MARKET IN MIAMI.

The emerging luxury elite: youthful heirs are reshaping the market.

Generation X and millennials are poised to inherit over \$38 trillion in wealth transfers over the next decade, with \$4.6 trillion of that amount allocated to real estate. In the United States, young heirs are already making strategic luxury purchases, focusing on legal flexibility, tax planning, and a long-term outlook.

Miami has surpassed New York as the leading city for homes valued at US\$1 million or more.

Miami concluded 2025 as the preeminent metropolitan area in the United States for properties listed above US\$1 million, outpacing New York with 10,591 units compared to 10,176. This disparity underscores a significant shift in wealth mobility toward South Florida, propelled by cash buyers, foreign investment, and second homes.

The W South Beach undergoes a transformation infused with European elegance, backed by a \$400 million investment.

Luxury in Miami continues to evolve, now infused with a London accent.

Investment firm Reuben Brothers, headed by billionaires Simon and David Reuben, announced an ambitious renovation plan for the iconic W South Beach, which was acquired in 2024 for over \$400 million.

The project aims to revolutionize the hotel experience by introducing exclusive spaces, including a private social club, an upscale French bakery, and a beachfront restaurant and club.

Situated in the heart of South Beach, this iconic 19-story, 407-unit edifice is poised to enter a new phase where luxury will become even more experiential.

Nu Stadium: the new home of Messi and Beckham's Inter Miami.

Inter Miami CF has announced that its new stadium at Miami Freedom Park will be named Nu Stadium, accommodating 26,700 spectators.

The stadium is an integral component of a significant urban development featuring restaurants, retail outlets, a hotel, and public spaces, all intended to establish a new entertainment center in South Florida. This initiative, led by Lionel Messi and co-owner David Beckham, seeks to enhance the club's global presence and elevate Miami's reputation as an international sports hub.

Airbnb encourages new hosts in preparation for anticipated record demand during the 2026 World Cup.

Airbnb has introduced a \$750 incentive for new hosts who list their properties and secure their first booking by July 31, 2026.

Searches for lodging in host cities increased by 80% year-on-year, while the anticipated arrival of 2.1 million visitors is expected during the tournament.



ANA & JAIME
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Real Estate Agents - IRG
1000 Brickell Ave Suite 12A
+1 786 247 7968

WE SERVE AS
YOUR GUIDE TO
EXPERIENCING
MIAMI AND YOUR
PREMIER PARTNER
FOR INVESTING IN
LUXURY
PROPERTIES
WITHIN THE
CITY.



KEN GRIFFIN

His million-dollar bet on Miami

@anayjaime.miami



Why one of the most influential figures in finance envisions the future of business in this context

When Ken Griffin discusses Miami, he does so not merely as a visitor but as one of the most influential investors in the world. As the founder and CEO of **Citadel**, one of the largest and most profitable hedge funds globally, he has chosen to relocate his company and much of his life to South Florida, sending a compelling message to global markets: Miami has evolved beyond a mere tourist destination; it has become a pivotal city for the business landscape of the future.

In recent years, Griffin made a decision that astonished the financial community: relocating Citadel's headquarters from Chicago to Miami. The rationale, as articulated by the businessman, is evident. Florida presents a unique combination that is hard to find in other major American cities: **safety, quality of life, fiscal stability, and a conducive environment for innovation and enterprise.**

Miami also offers distinct advantages: international visibility, a vibrant real estate market, direct links to Latin America, and a lifestyle that draws global talent. According to Griffin, these attributes render the city a magnet for capital, entrepreneurs, and startups.

Their dedication to South Florida extends beyond merely relocating offices. Citadel intends to construct **a new headquarters in Brickell, estimated to be valued at around \$2.5 billion**, a skyscraper anticipated to be

as one of the most significant corporate edifices in the southeastern United States and a new emblem of Miami's financial district.

Simultaneously, Griffin has made substantial investments in Palm Beach, acquiring one of the largest private properties in the nation, and in Miami, he purchased a residence on Star Island, one of the city's most prestigious neighborhoods. In total, his real estate investments in Florida near **\$1 billion**, demonstrating a clear commitment to the expansion of the luxury market in the region.

However, Griffin's vision for Miami extends beyond his personal projects. In collaboration with entrepreneur **Stephen Ross**, founder of Related Companies, he initiated the "**Ambition Accelerated**" program, a **\$10 million campaign** designed to draw more CEOs and founders to South Florida.

The objective is to establish the area between Miami and West Palm Beach as one of the most appealing destinations in the United States for business creation and expansion. As noted by Griffin and Ross, this ecosystem has the potential to evolve into a new platform for the next generation of global enterprises.

This shift signifies a larger trend. In recent years, investment funds, technology firms, and private equity companies have established offices in Miami, drawn by an environment that merges **modern infrastructure, international capital, and a competitive** quality of life relative to traditional cities such as New York or San Francisco.

Decisions made by individuals such as Ken Griffin frequently act as indicators for the market. When financial leaders of this stature move companies, capital, and projects to a particular city, other investors typically emulate this trend.

Today, that transformation is already evident. Miami is evolving from merely a tourist destination into one of the **emerging global hubs for business, innovation, and capital.**

In that narrative, Griffin's wager transcends a mere business decision; it represents a proclamation of faith in the city's future.



DELANO RESIDENCES, DOWNTOWN MIAMI

Experience the pinnacle of luxury and exclusive hospitality within the comfort of your home. Presenting the inaugural residential tower from the Delano brand, Delano Residences & Hotel Miami, a fresh embodiment of its hospitality legacy. This 90-story tower, situated on Biscayne Bay, will serve as a remarkable enhancement to the city skyline. The development will include Miami's first elevated observatory on the 83rd floor, providing unmatched vistas of the city and bay. Here, the essence of Delano is reimagined into a distinctive residential experience, perfect for those seeking to embrace the luxury of the brand or invest in one of the most appealing concepts available in the market.



ANA & JAIME
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Real Estate Agents - IRG
1000 Brickell Ave Suite 12A
+1 786 247 7968





FORMULA 1 MIAMI GRAND PRIX

Velocity, celebrities, and millions of dollars in a single weekend



Every spring, Miami transforms into the global epicenter of motorsports. The Formula 1 Miami Grand Prix, **scheduled for May 1-3, 2026**, represents more than just a race; it has solidified its status as one of the most extraordinary sporting and social events on the international calendar.

The race occurs at Miami International Speedway, a **5.41-kilometer street circuit** constructed around Hard Rock Stadium, the home of the Miami Dolphins. Designed by Apex Circuit Design, the track features a blend of technical corners and lengthy straights, allowing cars to surpass speeds of 350 km/h, thereby providing opportunities for overtaking and exhilarating moments.

In Miami, Formula 1 transcends the confines of the racetrack. The event has evolved into an experience that seamlessly integrates sport with **entertainment, gastronomy, and lifestyle**. Enthusiasts can witness the excitement from the circuit's grandstands, upscale hospitality areas, or the renowned Hard Rock Beach Club, where sand, pools, and live music contribute to the overall spectacle.

One of the most remarkable areas is the renowned "marina," an artificial lake encircled by yachts that mimics a marina and has emerged as one of the most photographed backdrops of the championship.

The Grand Prix's success has been swift. In its inaugural year in 2022, nearly 250,000 fans attended the event. By 2024, that figure had exceeded 275,000, solidifying Miami's position as one of the most sought-after destinations on the Formula 1 calendar.

During race weekend, the city metamorphoses into a grand celebration. Concerts, parties, and exclusive events take precedence, featuring international artists and renowned Miami clubs that curate experiences in conjunction with the race.

The presence of celebrities significantly contributes to the allure of the event. The Grand Prix paddock has transformed into a genuine red carpet, where it is commonplace to encounter luminaries such as Beyoncé, Jay-Z, Jennifer Lopez, Bad Bunny, and Ed Sheeran, thereby underscoring the social and global dimensions of the occasion.

The economic impact is notably substantial. The Grand Prix is projected to generate between \$400 and \$500 million annually for the local economy, enhancing tourism, hotels, restaurants, and entertainment. Prices mirror the exclusive nature of the event: VIP experiences can surpass \$38,000, while certain hotels impose extraordinary rates during race weekend.

With a contract in place until 2041, the Miami Grand Prix has positioned itself as one of the most remarkable events in the world championship.

More than a mere race, it is a celebration of the lifestyle that characterizes the city: speed, luxury, and spectacle at the core of Miami.



UNFORGETTABLE EVENTS THIS SPRING IN MIAMI

A CITY THAT NEVER MISSES A BEAT

When spring arrives, Miami undergoes more than a mere seasonal shift; it metamorphoses into a vibrant stage for unforgettable experiences.

Between April and June, the city pulsates with a distinctive blend of international events, premier entertainment, and outdoor activities that embody its essence: vitality, diversity, and lifestyle.

From international competitions and premier concerts to culinary experiences, art, and wellness by the sea, Miami emerges as a destination where there is always something occurring.



This is our curated selection of events that are genuinely worth experiencing this season.

APRIL

Spring's Unmissable Events

Miami Film Festival

Miami – April 9-19, 2026

The Miami Film Festival serves as a pivotal element of the city's cultural landscape, celebrated for its presentation of international and emerging filmmakers. Currently held by Miami Dade College, the festival occurs at various venues across Greater Miami, distributes over \$1 million in awards, and continues to expand in both prestige and attendance.

Deering Seafood Festival

Deering Estate – April 12, 2026

It is one of the most renowned food festivals in South Miami. Held annually at the historic Deering Estate, a mansion and nature reserve that overlooks Biscayne Bay, the event merges culinary delights, music, local culture, and family activities in an open-air, waterfront environment. The primary draw is the diverse selection of fresh Florida seafood expertly prepared by local restaurants and chefs.

[Tickets available here](#)



Model Volleyball Miami Beach

8th & Ocean Front – April 18-19, 2026

The Model Volleyball Tournament is an annual event held in Miami Beach, attracting nearly 15,000 attendees over the course of two days. This tournament, which is free and accessible to all ages, features mixed-gender beach volleyball alongside the participation of models from leading agencies and professional athletes.

UNSIN Music Festival and Conference

April 22–24

The UNSIN Music Conference & Festival is a three-day event held in Miami that unites music, industry, and culture in a single venue. It features live concerts, conferences, and networking opportunities, serving as a convergence point for artists, producers, industry executives, and music enthusiasts. (The event occurs at multiple locations.)

[Tickets are available here.](#)



eMerge Americas Conference and Expo 2026

Miami Beach – April 23-24

Miami's foremost technology conference unites over 20,000 entrepreneurs, experts, and investors to foster innovation. This event connects global talent and establishes Miami as a significant international center for technology and entrepreneurship.

The Business Show USA

Miami Beach – April 29-30, 2026

The Business Show US is set to return to Miami, taking place at the Miami Beach Convention Center. This event will unite entrepreneurs, small businesses, and industry experts. Throughout the event, leaders in the industry will impart knowledge, ideas, and resources aimed at enhancing and expanding businesses.

A remarkable opportunity to acquire knowledge, engage with industry professionals, and broaden your network. Admission is complimentary with prior registration.

[Register here](#)



Cadillac Championship, PGA Tour

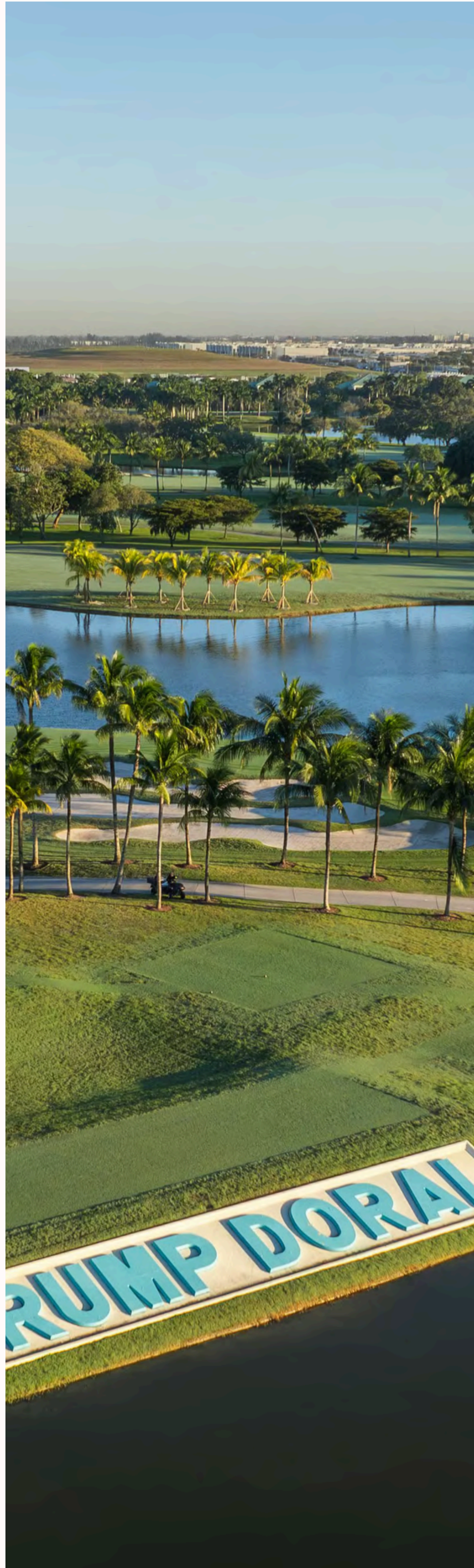
Trump National Doral - April 29 to May 3, 2026

The Cadillac Championship arrives in Miami as one of the PGA TOUR's latest Signature Events, taking place on the renowned Blue Monster course at Trump National Doral. This tournament signifies Cadillac's return as title sponsor after a decade and will unite some of the world's finest golfers in a premier competition, complemented by exceptional fan experiences.

Additional information can be found here.



@anayjaime.miami



MAYO

Spring's Unmissable Events

F1 Miami Grand Prix

Hard Rock Stadium – May 1-3, 2026

The Miami International Autodrome harmoniously combines the prestige of Formula 1 with the dynamic spirit of Miami, offering a distinctive experience. Featuring prime views, exclusive access, and exceptional dining, the Miami Grand Prix guarantees an unforgettable weekend.

The event spans three days: practice on Friday, qualifying on Saturday, and the main race on Sunday, complemented by entertainment and experiences throughout the duration.

[Tickets available here](#)



American Black Film Festival

Miami Beach – May 27-31, 2026

This annual event empowers artists and showcases a diverse array of entertainment content produced by and concerning individuals of African descent.

An unparalleled experience, the festival unites enthusiasts of African culture, executives, and content creators from across the globe for five days of screenings, discussions, exclusive events, celebrations, and premier networking opportunities.

Miami Swim Week

Miami Beach – May 28 – June 1, 2026

It takes place annually in Miami Beach, typically at the end of May, and is regarded as the largest swimsuit exhibition in the world.

In each edition, over 2,500 premier swimwear, resort, beach, and lifestyle brands showcase their collections at the Miami Beach Convention Center.

Additionally, throughout the week, Miami Swim Week by FashionWeekOnline features a comprehensive schedule of runway shows and events. South Beach transforms into the epicenter of fashion, showcasing catwalk presentations, cocktail receptions, exclusive unveilings, and distinctive experiences.

[Additional information can be found here.](#)





JUNE

Spring's Unmissable Events



FIFA World Cup 2026™

Hard Rock Stadium: June 11 - July 19, 2026

Miami is poised to illuminate the global stage during the 2026 FIFA World Cup, emerging as one of the tournament's most dynamic destinations.

Hard Rock Stadium will host seven pivotal matches — spanning from the group stage to an exhilarating quarter-final showdown and the third-place match — showcasing elite teams including Brazil, Uruguay, and Portugal.

Featuring cutting-edge facilities, convenient access, and a robust dedication to sustainability, the stadium guarantees an unforgettable experience for its fans.

However, the spectacle extends beyond the pitch: the city's multicultural vibrancy, fan events, and global ambiance will convert Miami into a genuine football celebration for an entire month.

[Information here](#)



CONCERTS AND MORE

ROMEO SANTOS & PRINCE ROYCE

April 25, 2026

Kaseya Center
(Downtown Miami)

BABY KEEM

April 24

The Fillmore Miami
Beach at the Jackie
Gleason Theater

EL GRAN COMBO DE PUERTO RICO

Doral Central Park
Amphitheater
April 12

DAVID GUETTA

May 16, 2026

Fontainebleau Miami
Beach (LIV
Nightclub)

[Tickets](#)



COLDPLAY (POSSIBLE TOUR U.S. DATES PENDING)

May–June 2026
(provisional) Hard
Rock Stadium
(potential)

CONCERTS AND MORE

WYNWOOD ART WALK

Second Saturday of every month (April, May, June)
Wynwood Arts District
Complimentary entry

ROOFTOP CINEMA CLUB

April – June 2026 South Beach & Downtown Miami

 [Tickets available here](#)

LINCOLN ROAD OUTDOOR MARKET

An outdoor market showcasing art, design, cuisine, and local goods. Perfect for leisurely walks and engaging with the city's culture.

Every Sunday

SUNSET YOGA AT SOUNDSCAPE PARK

April – June 2026 (weekly)
Miami Beach Outdoor yoga sessions at sunset, set against the backdrop of one of the most iconic parks. Wellness and lifestyle at their finest.

Complimentary entry

STRATEGIES FOR MANAGING STRESS AND INCREASING YOUR ENERGY IN MIAMI

Dialogue with specialists regarding health, energy, and quality of life.

Gravity Center Miami, a pioneering wellness facility in Doral, is transforming the approach individuals take toward managing stress, anxiety, and insomnia. With five years of expertise, Gravity integrates technology, neuroscience, and immersive therapeutic experiences, including sensory flotation, hyperbaric chambers, and various techniques aimed at restoring equilibrium to both body and mind without resorting to invasive procedures. Gravity has crafted sessions that engage the five senses—aromatherapy, light therapy, reflexology, and massage—intended to relax the body, thereby allowing the mind to assimilate information more effectively.

They received the Best Business Rate in Miami, reinforcing their status as one of the city's most innovative wellness providers. Today, we have the privilege of conversing with Grace Mora, their CEO and founder.

Ana: What factors in contemporary society contribute to the growing prevalence of issues such as anxiety, stress, and insomnia?

Grace: *The increase in anxiety levels emerged following the pandemic, as COVID-19 impacted the central nervous system. Scientific studies, including those conducted by the World Health Organization, indicate that over 82% of the population experiences anxiety in the aftermath of the pandemic. Individuals have come to accept living with these symptoms, mistakenly equating reduced sleep with heightened productivity. Anxiety manifests as a fear of the future, intensified by social media exposure and the brain's inherent inclination toward negative thinking. The paramount objective is to prioritize personal well-being; it begins with cultivating a mindset conducive to achieving tranquility.*

"SOMETIMES DOING NOTHING IS THE BEST THING FOR YOUR MENTAL HEALTH."



GRACE MORA

CEO AND FOUNDER

Ana: What repercussions can this have on both the mind and body? What occurs in the body when it endures this persistent stress?

Grace: *Stress is a silent affliction that gradually undermines your well-being until you are confronted with a health condition stemming from chronic stress. It impacts you neurologically, affects your gastrointestinal system (causing stomach and colon discomfort), and strains interpersonal relationships, rendering you more reactive and less productive. While we are accustomed to perpetual activity, it is essential to decelerate and prioritize our own health, allocating at least two hours each week to our well-being, akin to a gym regimen, to reduce cortisol levels and enhance sleep quality. The body provides warning signals, such as back pain or trembling hands.*

Ana: To what extent can these issues of anxiety, insomnia, and fatigue evolve into more complex illnesses if left untreated?

Grace: Many individuals navigate life on autopilot, ultimately facing a diagnosis of a serious condition, such as pancreatitis or diverticulitis, with medical professionals attributing it to chronic stress. We ought not to postpone self-care until confronted with a complex illness. While advancements in neuroscience are noteworthy, the emphasis remains on achieving a youthful appearance or physical fitness, often at the expense of mental training. Some individuals resort to anti-anxiety medications, which can lead to dependency; we have encountered cases where, after 15 years of usage, individuals successfully discontinue their medication by engaging in mental training, as it fundamentally involves learning to regulate emotions.

Ana: What factors do you believe contribute to this city [Miami] being at the forefront of the global wellness trend?

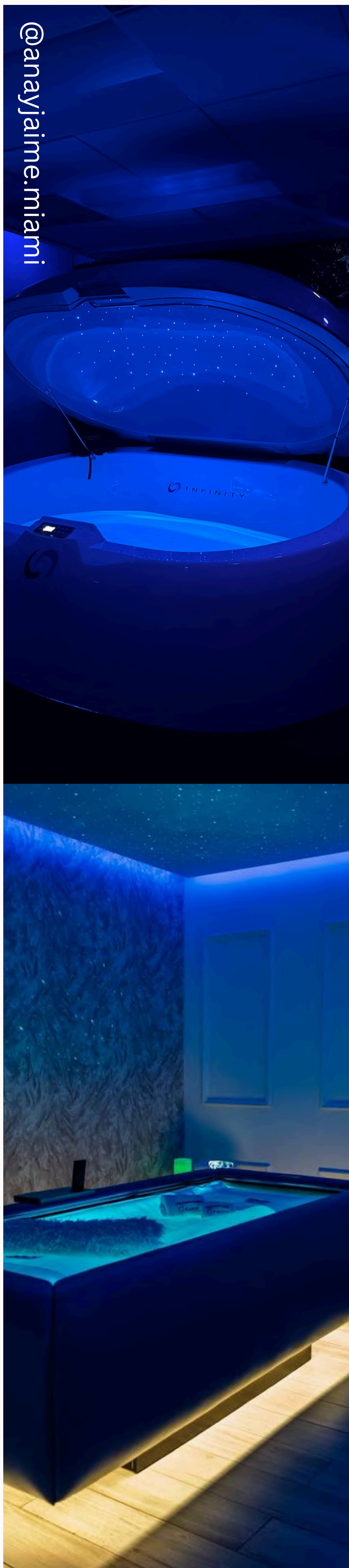
Grace: Primarily, the convergence of diverse audiences and the multitude of technologies and activities present here create a unique environment. Individuals are perpetually in search of experiences; they desire events and seek to mitigate the effects of aging as they live longer and aspire to extend their longevity. Our offering is distinctive; we cater to couples, friends, and others who are weary of merely dining at restaurants or attending concerts, seeking something that will rejuvenate them from within.

Afterward, they exclaim, "Wow, I truly needed that." "I required a calming experience like that in my life, and they also instructed me on how to be present."

Ana: What do individuals truly seek at their core? What resolution do they desire to enhance their quality of life?

Grace: Individuals desire self-care and a deliberate enhancement of their quality of life. For those in pursuit of a genuine remedy for insomnia, anxiety, and stress, we provide a transparent therapeutic approach that promises significant transformations within 28 days, comprising a total of 84 therapy sessions (28 of each type).

@anayjaimemiami



1. **Mental Training (Controlled Cabins):** 28 immersive sessions aimed at engaging the five senses and honing the mind.

2. **Isolation Therapy (Floatation):** 28 sessions of immersion in magnesium salts. This therapy aids in the elimination of heavy metals and provides relief for individuals with fibromyalgia. Reports indicate that participants can achieve up to 8 hours of restorative sleep in just 40 minutes, resulting in a fully rejuvenated body and mind.

3. **Hyperbaric Chamber:** 28 one-hour deep oxygenation sessions. Unlike a conventional closed tank, this chamber enables you to watch a movie or listen to a podcast during treatment, promoting improved sleep that night and facilitating better management of daily concerns (e.g., remaining unresponsive to a car horn).

Ana: What is the rationale behind that approach, given the significant results derived from the 84 sessions you referenced?

Grace: The results are significant as we activate or reprogram the unconscious mind, which involuntarily responds to various situations. Effective tools are essential for proper emotional management. This process is acquired over a span of 28 days. We have a concrete case in Miami involving a man diagnosed with cancer who was unable to ascend a single flight of stairs.

Upon completing the 28 hyperbaric sessions, along with the comprehensive methodology, the results were remarkable; the individual ascended the stairs effortlessly, and the medical outcomes were exceptional, astonishing his physician.

Ana: Do you believe that centers such as Gravity, which significantly assist us in alleviating stress and anxiety, can contribute to the longevity we seek?

Grace: 100%. Hyperbaric chamber therapy delivers 100% pure cellular oxygenation, promoting cellular rejuvenation, decelerating the aging process, diminishing inflammation, and facilitating healing. The isolation chamber (floatation) extends your lifespan by thoroughly resetting both mind and body, akin to the experience of being in the Dead Sea. Collectively, these therapies enhance longevity, enabling you to persist in experiencing life and forging memories.

We extend our gratitude to Grace for this exclusive interview and for sharing her insights with us. Our readers will now gain a deeper understanding of what Gravity encompasses.

Today, an innovative approach has emerged. It integrates knowledge, science, and technology, while prioritizing our health above all. Gravity is a wellness club that unites all the elements we seek to tackle the challenges confronting humanity.



@anayjaime.miami

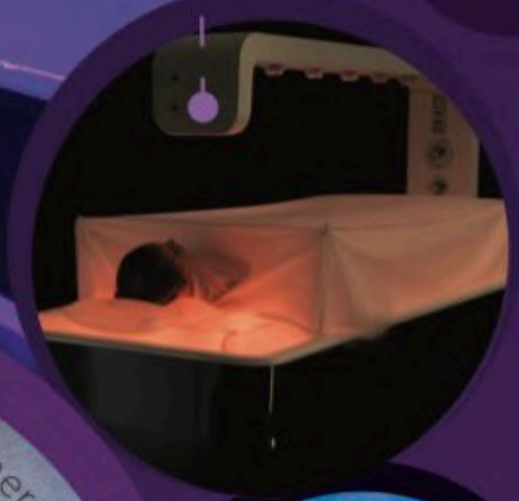
ANXIETY & STRESS CENTER GRAVITY

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LIVE THE EXPERIENCE

OVERCOME ANXIETY, STRESS, AND INSOMNIA

GRAVITY METHOD



Sensory Deprivation Float



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Take the elevator, dial *2886, select Floor 2, and visit the only center in Miami specialized in anxiety and stress relief.

THE 10 MOST ATTRACTIVE BRUNCH IN MIAMI

BRUNCH FOR LESS THAN \$50 PER PERSON

(before drinks, service, and taxes)

NEGRONI BISTRO AND SUSHI BAR

Doral / Weston - WEEKENDS

Price: Starting at \$40

What's included: Food stations featuring grilled meats, sushi, hot dishes, and desserts

Drinks: Unlimited mimosas, sangria, or spritz (additional to the price)

All you can eat: Yes, available in Doral and Weston

Main draw: Vibrant, social brunch atmosphere, highly favored by locals

Recommended dishes: Sushi rolls, cheese and charcuterie boards, French toast, and avocado toast

ITALICA MIDTOWN

Midtown Miami, 3252 NE 1st Ave. - Saturdays and Sundays, from approximately 11:30 AM to 4 PM.

Cuisine: Modern Italian

Price: Approximately \$35–\$55 per person

What's included: Italian brunch featuring reinterpreted classic dishes, artisanal pizzas, and fresh pasta

Drinks: Bottomless mimosas, bellinis, and spritzes (additional to the price)

All you can eat: Yes

Main draw: Vibrant brunch atmosphere with a social ambiance and music, highly favored by locals in Midtown and the Design District

Recommended dishes: Pizzas, pastas, and desserts

BRUNCH BETWEEN \$50 AND \$100 PER PERSON

(before drinks, service,
and taxes)



QUINTO

**EAST Miami, Brickell, Brickell City
Centre - Sundays**

Cuisine Type: Uruguayan/Latin American
Grill

Price: Approximately \$95 per person

What's Included: Food stations, grilled
meats, seafood, hot dishes, and desserts

Drinks: Unlimited mimosas and cocktails
available (included in the brunch price)

All You Can Eat: Yes, premium buffet style

Main Attraction: Elegant brunch featuring
live grilling and a sophisticated terrace
ambiance

Recommended Dishes: Uruguayan mixed
grill, empanadas, ceviches, and cocktails

MILA

Lincoln Road, Miami Beach - Sundays

Cuisine: Mediterranean and Japanese

Price: \$95 per person

What's included: Sharing plates and a
festive brunch atmosphere

Drinks: Bottomless mimosas or premium
cocktails (additional to the price)

All you can eat: Yes

Main attraction: One of Miami's most
sought-after brunches, featuring a vibrant
social atmosphere, DJ, and rooftop setting

Recommended dishes: Wagyu dumplings,
robata skewers, sushi rolls, and Japanese
pancakes

AMARA AT PARAISO

Edgewater - Bayfront - Sundays

Cuisine: Latin American

Price: \$98 per person

What's included: Food stations, grill,
ceviches, and Latin American specialties

Drinks: Unlimited cocktails (additional to
the price)

All you can eat: Yes

Main attraction: Brunch with a view of the
bay, featuring one of the finest vistas in
Miami

Recommended dishes: Ceviches, arepas,
grilled meats, and tropical desserts

CASA DONNA

Edgewater - Weekends

Cuisine: Italian, sushi, and raw bar

Price: \$98 per person

What's included: Italian brunch menu, food stations, sushi, seafood, hot dishes, and desserts

Drinks: Bottomless mimosas or spritz

All you can eat: Yes

Main attraction: Elegant ambiance featuring modern Italian design and bay views

Recommended dishes: Truffle eggs, burrata, fresh pasta, sushi, ceviches, and tiramisu

SEXY FISH MIAMI

Brickell - Saturdays

Cuisine Type: Japanese / Upscale Asian

Price: \$78 per person

What's Included: Brunch Tasting Menu

Drinks: Champagne, Cocktails, and Sake (additional to the price)

All You Can Eat: Yes

Main Attraction: One of Miami's Most Visually Stunning Restaurants

Recommended Dishes: Premium Sushi, Wagyu Dishes, Robata Grill, and Japanese Pancakes

**BRUNCH
BETWEEN
\$50 AND \$100
PER PERSON**

(before drinks, service,
and taxes)

BRUNCH FOR OVER \$100 PER INDIVIDUAL

(before drinks, service, and taxes)

THE SETAI MIAMI BEACH

Collins Avenue, Miami Beach - Sundays

Cuisine: International / Asian / Mediterranean

Price: Approximately \$110 per person

What's included: A luxurious buffet featuring international stations, seafood, sushi, meats, and desserts

Drinks: Champagne and wines are included in the price (additional drink packages available at an extra cost)

All you can eat: Yes

Main attraction: One of Miami's most opulent brunches, accompanied by live jazz music

Recommended dishes: Sushi and sashimi, caviar station, lobster, and gourmet desserts

ZUMA

Miami River, Downtown - Sundays

Cuisine Type:

Contemporary Japanese

Price: \$108 per person

What's Included: Buffet plus premium à la carte selections

Drinks: Not included in the price

All You Can Eat: Yes

Main Attraction: One of Miami's most renowned brunches, featuring river views and an elegant ambiance

Recommended Dishes: Sushi and sashimi, robata grill, wagyu dishes, and Japanese desserts

619 BRICKELL NOBU RESIDENCES

Luxury, design, and lifestyle are transforming Miami's skyline. 619 Brickell Nobu Residences, conceived by the esteemed architectural firm Norman Foster + Partners, seamlessly integrates a prime location with iconic design, exceptional hospitality from the Nobu brand, and wellness features encompassing over 90,000 square feet of amenities, surpassing the highest benchmarks of contemporary luxury. A development tailored for individuals aspiring to reside in or invest in one of the most refined embodiments of residential luxury in Miami.



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ESSENTIAL SHOPPING DATES

WITH THE BEST DISCOUNTS

@anayjaime.miami

End of February - March 2026

SPRING CLEARANCE SALE

Winter clearance and seasonal transition.

PINCIPAL LOCATIONS

Outlets, Saks OFF 5th, Bloomingdale's Outlet

July 3-4, 2026

FOURTH OF JULY

Duration: Weekend

Summer promotions and clearance events.

PINCIPAL LOCATIONS

Retailers, shopping centers, and department stores

October 12, 2026

COLUMBUS DAY

Duration: Weekend

Autumn promotions.

PINCIPAL LOCATIONS

Macy's, Nordstrom Rack, shopping centers

may 25 2026

MEMORIAL DAY

Duration: 3 to 4 days

One of the weekends featuring the most significant discounts of the year.

PINCIPAL LOCATIONS

All shopping centers, retail outlets, and department stores

July - August 2026

BACK TO SCHOOL / TAX EXEMPT

Duration: 1 to 2 weeks

Tax-free clothing and school supplies, along with discounts.

PINCIPAL LOCATIONS

Dolphin Mall, Sawgrass, retail establishments

November 27-30, 2026

BLACK FRIDAY / CYBER WEEK

Duration: 4 to 7 days

The most significant discounts of the year.

PINCIPAL LOCATIONS

shopping centers, outlet stores, and e-commerce platforms

February 16, 2026

Duration: 2 to 4 weeks

PRESIDENTS' DAY

Seasonal promotions on apparel and footwear.

PINCIPAL LOCATIONS

Outlets, Saks OFF 5th, Bloomingdale's Outlet

June 19 2026

Duration: Weekend

JUNETEENTH

Mid-year advancements.

PINCIPAL LOCATIONS

Macy's, Marshalls, Ross, Burlington

September 7, 2026

LABOR DAY

Duration: three days

Exceptional offers on apparel and footwear.

PINCIPAL LOCATIONS

Primary retail establishments and shopping centers

December 26-31, 2026

POST-CHRISTMAS

Duration: five days

Year-end reconciliation.

PINCIPAL LOCATIONS

Department stores and retail outlets

MIAMI: LIVE IT, ENJOY IT, MAKE THE MOST OF IT

@anayjaime.miami

Miami is not merely a destination; it is a deliberate choice. It is a place where lifestyle converges with opportunity, where each experience enhances value, and every action can evolve into a strategic decision.

Throughout these pages, we delve into a city that can be appreciated through its restaurants, events, and venues, while also being comprehended through its trends, growth, and potential.

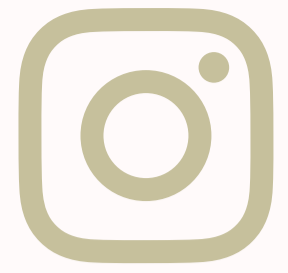
That is the vision we wish to convey to you: a Miami that is not only experienced but also examined, envisioned, and leveraged.

We encourage you to continue exploring all that this city has to offer and to become part of a community that not only seeks to enjoy Miami but also to comprehend and evolve with it.



MIAMI EXPERIENCE MAGAZINE

ABOUT ANA & JAIIME



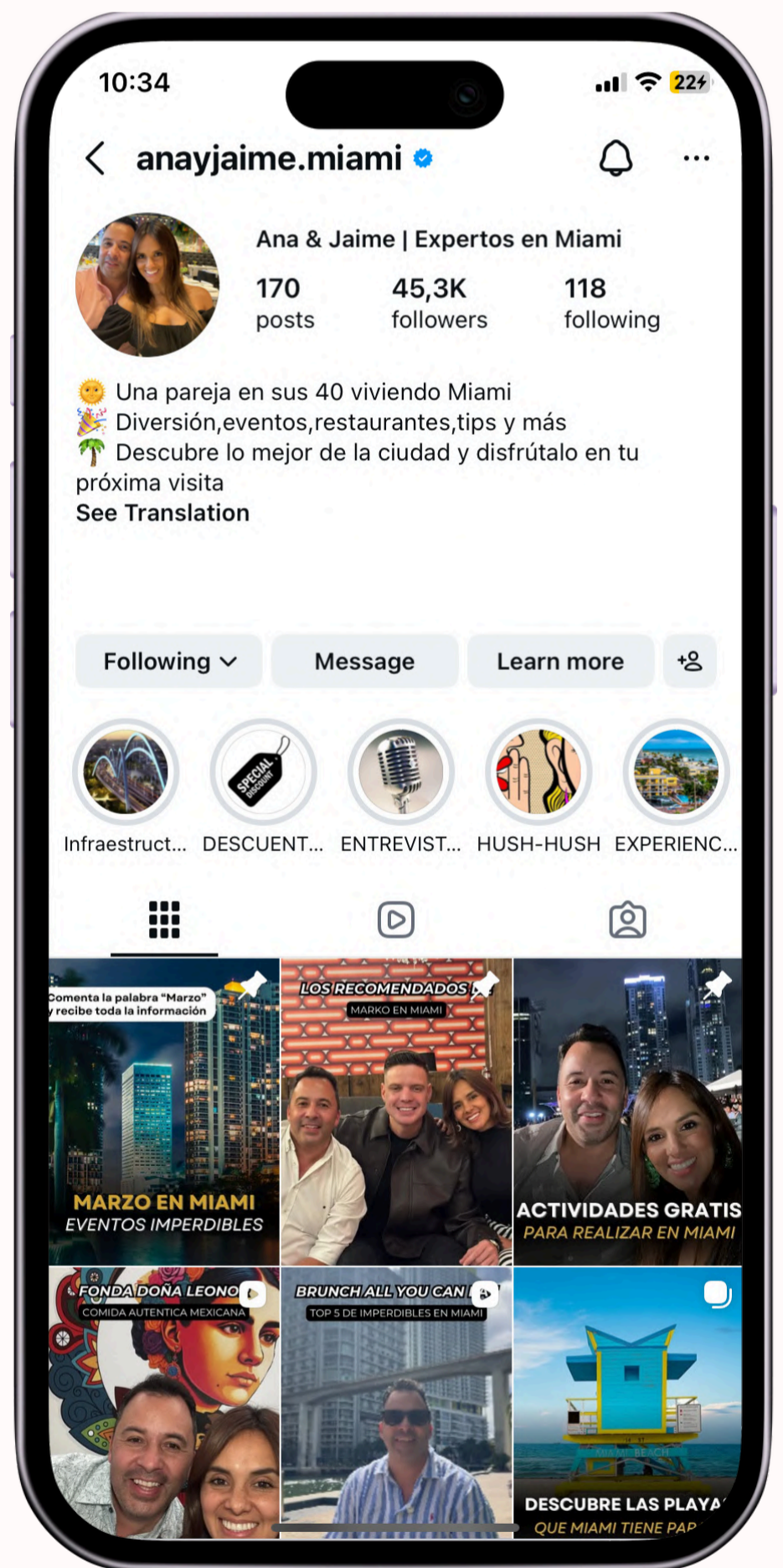
+45K FOLLOWERS
+650K MONTHLY VIEWS

**+50K MONTHLY
ENGAGEMENTS**
**+462K ACCOUNTS
REACHED MONTHLY**

Ana & Jaime have established themselves as a premier digital guide for individuals residing in or visiting Miami, seeking unique, exclusive, and stylish experiences.

They merge authentic, informative, and engaging content with practical recommendations to enhance planning, optimize time and budget, and explore the city while avoiding typical tourist pitfalls.

They highlight what is genuinely worthwhile, steering clear of the ordinary and generic tourism, and fostering an active community that consistently poses questions, engages, and seeks recommendations, thereby enhancing the value of their brand partnerships.



@anayjaime.miami

WANT TO BE FEATURED IN ANA & JAIME MAGAZINE?

At Ana & Jaime Magazine, we bridge brands, experiences, and projects with a local and international audience captivated by the finest aspects of Miami: lifestyle, investment, gastronomy, wellness, and trends.

Our magazine serves as a strategic platform for individuals seeking visibility within a meticulously curated environment, targeting those who reside, visit, or invest in the city.

If you possess a business, project, or experience that you wish to promote, this is the ideal platform. An audience eager to explore and make informed decisions awaits.



WE COLLABORATE WITH A DYNAMIC AND GROWING COMMUNITY OF

- Individuals intending to visit Miami
- Residents in pursuit of novel experiences
- International investors seeking genuine opportunities
- Our content not only inspires but also shapes decisions.
- Visibility and positioning strategies
- We provide various formats to enhance your brand within our ecosystem:
- Inclusion in the digital magazine featuring articles and editorial references.
- High-impact social media content (Instagram & Reels)
- Digital campaigns aimed at our community
- Content creation: video production, photography, and experiential engagements
- Integration into thematic guides (culinary, lifestyle, investment, wellness)
- More than mere advertising, positioning.



At Ana & Jaime, we do not merely present locations. We craft narratives, experiences, and connections that yield genuine value for both our audience and our partners.

If you wish to have your brand showcased in our magazine or to explore our collaboration opportunities:

Please reach out to obtain our media kit and tailored proposal.

INFO HERE



images

Design by:

ONE STUDIO - @onestudio_creative

Photography by:

Eddy Fernandez - +1 305-487-0507 -
@eddyfphoto