

# Florida Trend

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Florida has a

Also:

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Icon: Don Zi

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## Florida Life

### Executive Workouts

#### Lifestyle

By Stacie Kress Booker  
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► **Walid Wahab, 46**  
Principal, Wahab Construction  
Miami

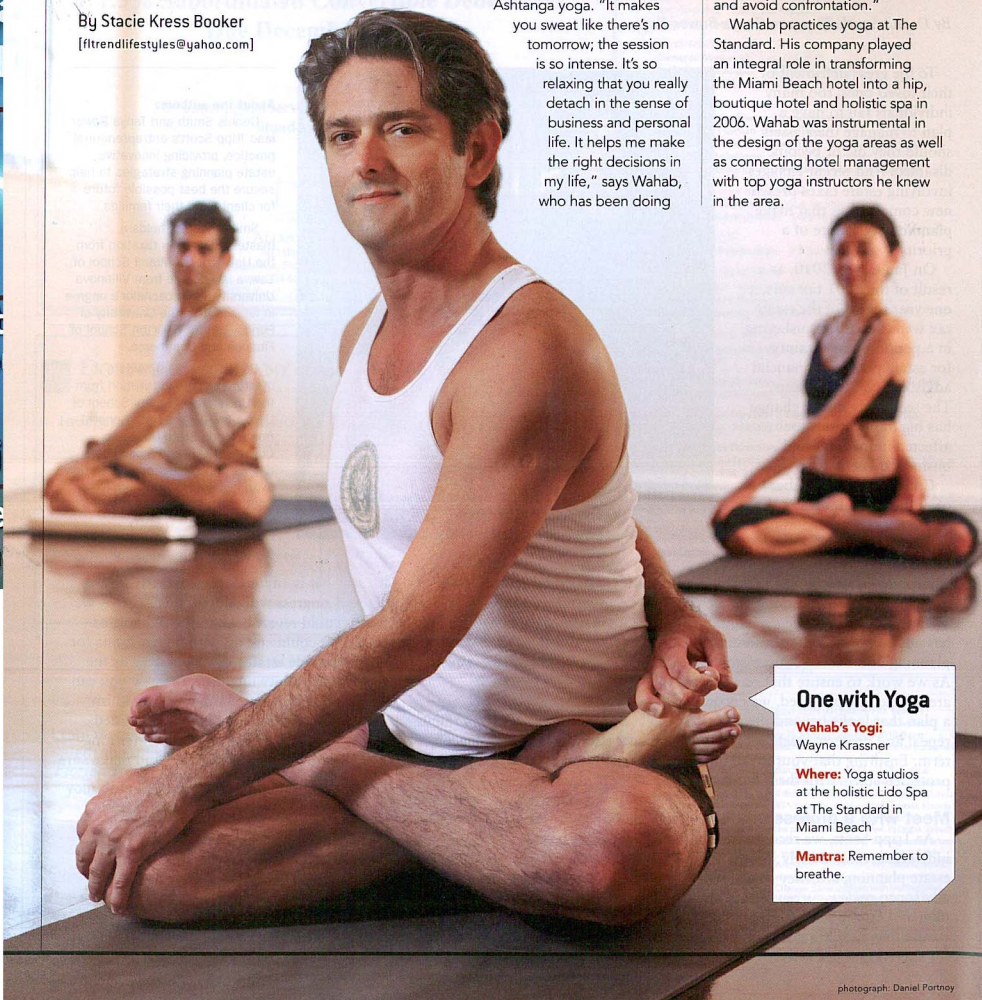
For Walid Wahab, fitness is not about participating in a competitive sport or golfing with the Miami business set. It is all about

Ashtanga yoga. "It makes you sweat like there's no tomorrow; the session is so intense. It's so relaxing that you really detach in the sense of business and personal life. It helps me make the right decisions in my life," says Wahab, who has been doing

yoga for 20 years.

Wahab says yoga's breathing techniques help him stay calm in stressful business situations and make him a better father, husband and businessman. "Construction is a tough business. Yoga helps me be patient, take a step back, listen and avoid confrontation."

Wahab practices yoga at The Standard. His company played an integral role in transforming the Miami Beach hotel into a hip, boutique hotel and holistic spa in 2006. Wahab was instrumental in the design of the yoga areas as well as connecting hotel management with top yoga instructors he knew in the area.



#### One with Yoga

**Wahab's Yogi:**  
Wayne Krassner

**Where:** Yoga studios at the holistic Lido Spa at The Standard in Miami Beach

**Mantra:** Remember to breathe.