

Soul Tavern wants to fix us with elixirs and Qigong. Fingers crossed!



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Soul Tavern, Sunset Harbour's new vegetarian gastropub, is launching a monthly wellness workshop to help you better different aspects of your life before getting your booze on.

Happening Oct. 11th from 5:15-5:45 p.m. in Soul Tavern's zen garden, the first class will center around the Chinese art of Qigong, a holistic system of coordinated body posture, breathing, and meditation. Then guests can join Soul Tavern founder Dr. Jason Gordon behind the bar for a crash course in liquid antidotes crafted to remedy everything from sore muscles to a hangover. Soul Tavern's elixir menu boasts 37 Chinese herbal elixirs that work with your body to address everyday ailments.

The best part? The elixirs can be mixed with a cocktail if you like. Because let's be honest — after a couple of martinis, you probably won't even feel that backache anyway.

Make sure to check [here](#) for updates on Soul Tavern's monthly wellness series.