

Yoga Studios with Trained Instructors

Location	Address	City	Telephone #	MS Class	Contact Person/Instructor	Meeting days/times	Cost	Email Address	Website
North Carolina									
Lighten Up Yoga	120 Coxe Ave	Asheville, NC 28801	(828) 254-7756	MS	Lillah Schwartz	Thursday-11:20 am-12:30 pm	\$7 per class		www.lightenupyoga.com
Barium Springs YMCA	122 Grannis Lane	Barium Springs, NC 28010	(704) 883-0780	MS Yoga	Nicole Johnston	Tuesday & Thursday-9:45 am-10:45 am & 6:00-& 7:00 pm	See instructor for costs of Classes		www.ymcairedell.org
Yoga4Everybody	Call for address	Charlotte	(704) 535-2831	MS Yoga	Judy Murphy	See instructor for dates/times	See instructor for costs of Classes	yoga4everybody@yahoo.com	
Dowd YMCA	400 E Morehead St	Charlotte, NC 28202	(704) 716-6100	MS Yoga	Kim Kotz, Catherine Turner, Tara Barton	See instructor for dates/times	See instructor for costs of Classes		www.ymcacharlotte.org
Dilworth United Methodist Church	605 East Blvd	Charlotte, NC 28203	(704) 377-9273	Seated very gentle	Nancy Nicholson	Wednesday-12:15-1:15 pm	See instructor for costs of Classes	nancynicholson@carolina.rr.com	
First Christian Church, Dilworth	1200 East Blvd	Charlotte, NC 28203	(704) 334-3771	Gentle	Nancy Nicholson	Monday-9:00-10:15 am	See instructor for costs of Classes	nancynicholson@carolina.rr.com	
Yoga For Life	1920 Cleveland Ave # B	Charlotte, NC 28203	(704) 344-9642	Chair & Gentle Yoga	Hamptom Thrower	Monday-2:00 2:45 pm & 4:30-5:45 pm	\$72-9 consecutive weeks, \$80-10 consecutive weeks,\$10 drop in		www.yogaforlifedilworth.com/index.html
8th Street Studio	1940 E 8th Street	Charlotte, NC 28204	(704) 607-9049	MS	Phyllis Rollins, Cathy Fieselman, Yvonne Brown	Monday 6:00 pm-7:00 pm	\$75 for a 6-week series	yoga@8thstreetstudio.com	www.8thstreetstudio.com/yoga-center

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Myers Park Presbyterian Church	2501 Oxford Place	Charlotte, NC 28207	(704) 375-7630	MS	Donna Henley	Monday & Wednesday-9:30-10:30 am	See instructor for costs of Classes		www.myersparkpres.org/www/docs/119
Harris YMCA	5900 Quail Hollow Rd	Charlotte, NC 28210	(704) 716-6800	Gentle	Rose Epps	See instructor for dates/times	See instructor for costs of Classes		www.ymcacharlotte.org
University City YMCA	8100 Old Mallard Creek Rd	Charlotte, NC 28262	(704) 716-6761	Yoga Beyond Limits	Debbie Byers	Monday, 11:00 am-12:00 pm	See instructor for costs of Classes	debby.byers@ymcacharlotte.org	www.ymcacharlotte.org
Sunrise Yoga Studio, Inc.	6000 Meadowbrook Mall Ct Ste 28	Clemmons, NC 27012	(336) 778-1233	Gentle	Valerie Kiser, Karen Hoglund	Wednesday at 10:00 am	See instructor for costs of Classes	Valerie@sunriseyoga.net	www.sunriseyoga.net
West Cabarrus YMCA	5325 Langford Ave NW	Concord, NC 28027	(704) 795-9622	Gentle	Helen Partridge, Sara Beth Johnson, Susan Pollack	See instructor for dates/times	See instructor for costs of Classes		www.ymcacab.org
Lake Norman YMCA	23100 Davidson Street	Cornelius, NC 28031	(704) 716-4400	Beyond Limits	Lisa Healy	See instructor for dates/times	See instructor for costs of Classes		www.ymcacharlotte.org
Henderson County YMCA	810 6th Ave	Hendersonville, NC 28739	(828) 692-5774	Gentle	Sandy Hartz	Monday- 5:00 pm & 7:00 pm; Wednesday-6-6:45 pm	See instructor for costs of Classes		www.ymcahendersoncounty.org
Kings Mtn YMCA	211 N Cleveland Ave	Kings Mtn, NC 28086	(704) 739-9631	Gentle	Marlene Smith	Tuesday -9:30-10:30 am & Thursday-7:00 pm	See instructor for costs of Classes		www.clevecoyymca.org/
Reidsville YMCA	504 S Main Street	Reidsville, NC 27320	(336) 613-8982	Yoga	Denise Booth	See instructor for dates/times	See instructor for costs of Classes		www.ymcareidsville.org/

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Rutherfordton Hospital	288 S Ridgecrest Ave	Rutherfordton, NC	(864) 316-0612	Gentle	Lisa Mowery	See instructor for dates/times	See instructor for costs of Classes		www.rutherfordhospital.org/
YMCA of Iredell Cty in Statesville	828 Wesley Drive	Statesville, NC 28677	(704) 873-9622	MS Yoga	Katherine Goodson	Tuesday & Thursday 1:30-2:30 pm	See instructor for costs of Classes		www.ymcairedell.org/statesville.htm
Central Family YMCA	775 West End Blvd	Winston Salem, NC 27105	(336) 391-6222	Adaptive Yoga	Bridgette Rideout	See instructor for dates/times	See instructor for costs of Classes	yourthreapyspecial@bellsouth.net	http://fulton.ymcawnnc.org/
Fulton Family YMCA	385 West Hanes Mill Rd	Winston Salem, NC 27105	(336) 391-6222	Adaptive Yoga	Bridgette Rideout	See instructor for dates/times	See instructor for costs of Classes	yourthreapyspecial@bellsouth.net	http://central.ymcawnnc.org/

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Yoga Place	2816 E. North Ave	Anderson, SC 29625	(864) 376-7750	Gentle Yoga	Helen Sablan	See instructor for dates/times	Drop- in \$7, 5 class pass \$30, Monthly unlimited \$50	sablanhelen@hotmail.com	www.yogaplace.org/
Fowler Karate	PO Box 547	Central, SC 29630	(864) 639-4222	Gentle	Sheri Fowler	Monday 6:15-7:30 pm	See instructor for costs of Classes	fkGetFit@yahoo.com	http://www.fowlerkarate.com/home.htm
Creative Journey	126 W Cherokee St.	Chesnee, SC 29323	(864) 316-0612	Gentle	Lisa Mowery	Varies by Person	Sliding Scale	lmowery@gmail.com	
Chester YMCA	157 Columbia St.	Chester, SC 29706	(803) 581-9622	Silver Sneakers Yoga	Margaret Burnette, Catherine Fieselman	Friday-9:40-10:40 am	See instructor for costs of Classes		www.upymca.org/index.html
Uptown YMCA	1420 Sumter Street	Columbia, SC 29201	(803) 799-9187	Gentle Yoga	Ellen Emerson Yaghjian	Thursday-11:20-11:50 am	See instructor for costs of Classes		www.columbiaymca.org/index.asp
Fit Girl	202 Summergreen Way	Greenville, SC 29207	(864) 325-8599	Yoga Beyond Limits	Robin Varnado	Private Sessions	See instructor for costs of Classes	robinvarnado@yahoo.com	
Center for Health Intergration	7210 L Broad River Road	Irmo, SC 29063	(803) 749-1576	Yoga	Robin Pawlina	See instructor for dates/times	See instructor for costs of Classes	robin.pawlina@pamettohealth.org	www.centerforhealthintegration.com
Northwest YMCA	1501 Kennerly Road	Irmo, SC 29063	(803) 407-8007	Silver Sneakers Yoga	Wanda Dial	Tuesday & Thursday 9:30-10:20 am	See instructor for costs of Classes		www.columbiaymca.org/index.asp
Jiva Yoga Center	14 Greenwood Drive	Hilton Head, SC 29928	(843) 842-5471	Yoga for MS	Bonnie Phillips	See instructor for dates/times	See instructor for costs of Classes		http://jivacenter.com/

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YMCA Greenville Golden Strip	301 Olen Meadows Dr.	Simpsonville, SC 29680	(864) 275-4951		Christine Ingram	See instructor for dates/times	See instructor for costs of Classes	emma-ingram@charter.net	
Eastside Family YMCA	1250 Taylors Road	Taylors, SC 29687	(864) 292-2790	Silver Sneakers Yoga Stretch	Lisa Elmore	Monday 11:15 am; Tuesday & Thursday 11:15 am; Friday 11:15 am	See instructor for costs of Classes		
Individuals									
Individual		Inman, SC 29349	(864) 419-0435	Yoga	Wendy Miller	See instructor for dates/times	See instructor for costs of Classes		