

Introducing YOGA

Our Kripalu Yoga Certified Instructor Mrs. Ashlyn Pattison has been teaching Yoga in the Charlotte Area for almost 15 years and brings a wealth of experience and knowledge to Carolina Dance Capital.

We offer a **FREE** introductory class and monthly passes for weekly 1 hour classes.

Looking forward to welcoming you at Carolina Dance Capital.
12210 Copper Way, Suite 230 – Charlotte, NC 28277
(Torrington Shopping Center, Ballantyne Area)

Definition: “Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility that is achieved through the three paths of actions and knowledge and devotion.

A system of exercises practiced as part of the Hindu discipline to promote control of the body and mind “

COST: \$45/month— Monthly Pass for a weekly 1 hour Class
Classes offered

- **Wednesday @ 9:30 – 10:30 AM** (Starting Aug.3rd)
- **Saturday @ 9:30—10:30 AM** (Starting Aug. 6th)

(All Classes subject to change any time due to minimum attendance requirement)



704-542-4998

or

704-341-0081

CDC@StarDanceProduction.com

