



Promote Peacefulness | Prevent Injury | Increase Joint Movement | Muscle Mobility | Body Flexibility | Posture | Aid digestion + More - Try yoga! It's a gift that helps heal all of these and more...all you need is you!

About Charlotte

Charlotte began her journey to teach Yoga and launch Yoga with Charlotte studio to share her passion and knowledge with everyone no matter what ability, age, sex, budget, size or shape. With a strong belief that Yoga is so beneficial for everyone!

Charlotte qualified in Hatha + Ashtanga Vinyasa at a Yoga Alliance recognized school in the Yoga Capital: Rishikesh, India via scholarship. She offers Yoga for the mind, body & soul including various classes and workshops such as:
Meditation/Relaxation/Begginer/Flow/Hatha & Yogadance + More!

Come and see what we're all about- Your first class is on us! Just RSVP to guarantee your space as limited spaces are available.