

Free Yoga Series at “The Green” 435 S Tryon St., 28202

9 days - 10 different teacher, classes & styles

Additional information available at:

<https://www.thetravelinggypsy.org/shout>

CLT SHOUT YOGA + FITNESS SCHEDULE

APRIL 1	6:30 PM	ALL LEVELS VINYASA FLOW with SYDNEY DUARTE
APRIL 2	6:30 PM	EMPOWERING ALL LEVELS & RESTORATIVE FLOW with JEN MORABITO
APRIL 3	6:30 PM	CANDLE LIT YIN YOGA with SYDNEY DUARTE + GUIDED MEDITATION with KARLA of YOUR LIGHT MATTERS
APRIL 4	6:30 PM	JIVAMUKTI with TAI WREN
APRIL 5	6:30 PM	ACRO YOGA WORKSHOP with ALEX BAKER and SYDNEY DUARTE
APRIL 6	7:00 PM	GLOWGA (glow in the dark yoga) with SYDNEY DUARTE & MELISSA RICHARDS
APRIL 7	6:30 PM	ALL LEVELS FLOW with LAUREN AMAROO

APRIL 8	6:30 PM	GENTLE RESTORATIVE YOGA with MARION HERRMANN
APRIL 10	5:30 PM	ALL LEVELS BODY WEIGHT WORKOUT with CORIANNE ZERBEY
APRIL 10	7:30 PM	SOUND HEALING JOURNEY with KIM SAVAGE

INFO

IMPORTANT INFORMATION FOR ALL CLASSES LISTED

Grab your friends, your yoga mat, your water bottle and come join in on the fun for the Charlotte SHOUT yoga series. Each class is all-levels. Meaning all are welcome regardless of your experience. Each instructor will lovingly guide you every step of the way. Come as you are and enjoy each class.

* One-hour yoga class
* Giveaways, healthy treats and more!

Spots fill up quickly, so make sure to arrive early to reserve your space

Special note for the Sound Healing Journey attendees: Please bring anything you need to feel comfortable - yoga mat, blanket, pillow, eye mask, bolster, water bottle, journal. We look forward to seeing you and flowing together.

All classes are FREE and will be held at “The Green” 435 S Tryon St, Charlotte, NC 28202. Directly across the street from The Mint Museum and The Bechtler Museum in Uptown Charlotte.

Free Street Parking is available, or the closest parking deck is the Nascar Hall of Fame 400 E Martin Luther King Blvd, Charlotte, NC 28202. We look forward to seeing your smiling face :)

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