



Asheville Yoga Center

info@youryoga.com

828.254.0380

Company Overview

Stephanie and Sunny Keach, founders of Asheville Yoga Center, met in 1994 at massage school in Santa Barbara, CA and quickly realized they both were on a similar mission - to affect positive change in the world through health, healing, education, movement and music. In 1997, they moved across the country to North Carolina where they started [Asheville Yoga Center](#) with the hopes of teaching and supporting others using yoga for healing and self-growth.

Asheville Yoga Center is dedicated to offering all styles of hatha yoga to the public through a wide variety of classes that serve both [complete beginners](#) and [advanced yoga practitioners](#). Asheville Yoga Center also offers classes friendly to those in rehabilitation or whom may have been away from their yoga practice for some time. With over [100 classes weekly](#), Asheville Yoga Center is ready and able to be of service to the Asheville area community through affordable access to expertise in yoga.

Asheville Yoga Center's goal is to provide the highest education of yoga. All of [Asheville Yoga Center's teachers](#) teach with compassion and acceptance. Love is the aim of yoga, and those at the Asheville Yoga Center strive to walk in that love at all times.

Asheville Yoga Center is an [environmentally sustainable campus](#), designed specifically for yoga practice. The campus consisting of two buildings for trainings, [workshops](#), [classes](#) and the [Boutique](#) are landscaped with edible, aromatic and native trees and plants. The facilities are also solar powered, designed to let in plenty of natural light.

Mission Statement

Asheville Yoga Center serves as a leader, guiding people to fully engage with their life through the practice of yoga.



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Frequently Asked Questions

General Information and Statistics

1) When was Asheville Yoga Center started?

Asheville Yoga Center was founded by Stephanie and Sunny Keach in 1997. The solar-powered, [environmentally sustainable campus](#) is one of the few in the country designed specifically for yoga.

2) Can my children come to class with me?

Anyone under the age of 18 who comes to class must have a liability waiver signed by their Parent/Guardian before they can participate. However, no minor under the age of 18 is allowed to be left unattended on Asheville Yoga Center property while their Parent/Guardian attends class.

3) Are mats provided?

Most students bring their own personal mat to class, however, mats are available for rent. Props including [straps, blocks, bolsters and blankets](#) are provided in every class.

4) What membership packages do you offer?

[Limited Monthly Package: \\$69](#)

- 6 classes/month

[Unlimited Monthly Package: \\$119](#)

- Unlimited classes for 1 month
- 10% off Boutique purchases
- 10% off workshops & 200-Hour Teacher Trainings

[Annual Pass: \\$1299](#)

- Unlimited classes for 1 year
- 10% off Boutique purchases
- 10% off workshops & 200-Hour Teacher Trainings

5) How many different instructors teach classes at Asheville Yoga Center?

Asheville Yoga Center is fortunate to have approximately [40 instructors](#) at any given time who teach a variety of classes and workshops.



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Studio

1) How many classes does Asheville Yoga Center offer?

Asheville Yoga Center offers over [100 classes every week](#).

2) What should I wear and bring to my first yoga class?

Be sure to bring a bottle of water, a towel and a yoga mat. Asheville Yoga Center recommends that you wear fitted workout clothes that allow you to move freely.

3) What is HOT Yoga?

Hot classes take place in a room heated to 90 degrees or above. They tend to be fast-paced and are meant for those already comfortable with basic postures.

4) Do I have to pre-register if I want to take a class?

No, pre-registration is not required! Drop-ins are always welcome. Plan on arriving 10-15 minutes prior to your first class at Asheville Yoga Center.

200-Hour Teacher Training

1) How much yoga experience do I need in order to register for the 200-Hour TT program?

Students must have at least six months of practice taking yoga classes from a live teacher in a classroom setting before registering for a [200-Hour TT program](#).

2) What are the differences between 200 RYT 3-week immersion and 9-weekend courses?

Both programs have the exact same curriculum and staffing. The main difference is the pace of study.

3) What is the curriculum covered during the 200-Hour Teacher Training?

Students receive a detailed syllabus upon arrival, but generally there is about 50% asana and 50% lecture/discussion each day.

4) Will I receive a Yoga Alliance Certification following graduation?

You'll be given an Asheville Yoga Center Teaching Certificate at graduation. However, you'll have to upload your Asheville Yoga Center certificate to Yoga Alliance's website and pay a membership fee to be granted a YA certification.



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300-Hour Teacher Training

1) What does our Advanced Studies 300-Hour program entail?

Asheville Yoga Center's [Modular Your Yoga program](#) is well-rounded to help you dive deeper into anatomy, therapeutically-oriented, and various specialties like prenatal, yin and seniors. In this flexible program, you get to decide which particular module you take, at what time and taught by whom. You have 5 years to complete 11 modules, one each of a 5-day, 4-day and 3-day with the remaining 8 modules selected from your choice of available offerings.

2) What is the average age of enrollees in 300-Hour TT programs?

Asheville Yoga Center has graduated over one thousand individuals ranging from 18-75 years of age in its Advanced Training courses. The minimum age requirement is 18 with no maximum age limit.

3) Can I take a 300-Hour TT course even if I'm not sure I want to be an instructor?

Yes! Many of Asheville Yoga Center's students enroll in teacher training programs unsure of whether or not they will teach.

4) How easy is it to find a job after certification?

If your dream is to teach, Asheville Yoga Center believes there are opportunities out there for you! Yoga is spreading rapidly as its popularity has increased. Many students land a teaching opportunity even before they complete either of the teacher training programs.

Lodging

1) Where can I stay if I'm coming for a week or weekend workshop or a three-week immersion?

Asheville Yoga Center offers affordable lodging within walking distance of the training center. [Namastay House](#) offers off street-parking, fully equipped kitchen, study area, yoga room and a seasonal garden.

2) How far away is the Namastay House to grocery stores?

The Namastay House is conveniently located to many amenities and is within walking distance to grocery stores such as Green Life and Trader Joes.



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Fact Sheet

Asheville Yoga Center's Beginning

Founded in 1997, Asheville Yoga Center has been a leading provider of yoga instruction and teacher training since its inception. Asheville Yoga Center offers over [100 weekly yoga classes](#) and provides 200 and 300-Hour Yoga Alliance Registered Yoga Teacher training, yoga [workshops and events](#) for all levels. Asheville Yoga Center is dedicated to providing the highest education of yoga. All of its instructors lead with compassion and acceptance. Love is the aim of yoga, and those at Asheville Yoga Center strive to walk in that love at all times. Asheville Yoga Center's mission is to serve as a leader, guiding people to fully engage with their life through the practice of yoga.

Why Choose Asheville Yoga Center?

Asheville Yoga Center is the largest single location teacher-training program in the country. It has over 225 years worth of combined world-class instructor experience for a very well-rounded eclectic curriculum and education. Its dedicated team of employees and instructors work with YOU in mind always. Instructors will help students of all levels of yoga feel comfortable and inspire growth within their individual practices.

Teacher Training Programs

Asheville Yoga Center offers [200 and 300-Hour Teacher Training](#) programs and serves as the premier destination for a [200-Hour](#) and 300-Hour Teacher RYS accredited institute. Asheville Yoga Center takes pride in being the best in the industry with world-class instructors and the expertise to further student's yoga careers. Asheville Yoga Center has graduated more than 3,000 individuals in the 200 and [300-Hour Teacher Training programs](#). These excellent programs help future yoga instructors grow in confidence and expand their knowledge of yoga.

Asheville Yoga Center is Green Built

Asheville Yoga Center is a green-built, solar-powered, custom campus designed specifically for yoga. [The campus](#) is comprised of edible, aromatic and native trees and plants. Studio rooms are filled with windows, allowing plenty of natural light in creating a calming environment for your yoga practice.



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Boutique

Asheville Yoga Center offers fun and functional yoga clothing, in addition to jewelry and products from local Asheville artists. Aside from clothing, it offers the largest [yoga library](#) book selection. [The Boutique's](#) clothing and brand selections are geared to fit the needs of any level practicing yogi.

Lodging

Students who participate in the 200-Hour or 300-Hour Teacher Trainings, and those in select workshops, are able to take advantage of Asheville Yoga Center's [affordable housing](#) option conveniently located within walking distance from the main campus. With ample parking, fully equipped kitchen, study area, yoga room, seasonal garden and easy access to many [downtown Asheville](#) locations, Asheville Yoga Center students have a unique opportunity to make Namastay their home away from home.

Philanthropy and Community Giving

Asheville Yoga Center partners with many nonprofit organizations in the community that are like minded and dedicated to giving back to those in need in the Asheville area. Asheville Yoga Center donates to a variety of [charities each month](#) to further support local nonprofits and the Asheville community.



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Testimonials

My yoga studio home where I always practice when I am out of town. I became a 500-Hour yoga teacher here, and I love everything that Asheville Yoga represents. A variety of classes and teachers. The best studio by far on the east coast! – Kim M.

Great classes with a wide selection of styles to choose from, and a lot of different time frames, which I really appreciate. Terrific teachers, great staff, and a truly beautiful space. So grateful to have this gem here and all those who are a part of it! – Heather D.

I am in the 200-Hour teacher training immersion, and it is a life changing and wonderful experience. I would recommend it to anyone looking to further their practice if you have three weeks to come here. All of the teachers have been knowledgeable, helpful and supportive. – Colleen H.

Best yoga class I have ever been to. When I arrived, the staff was super friendly and radiating very good energy. I came out of the class feeling super uplifted, and that feeling remained with me for days. I like how it's very close to downtown Asheville and next to a coffee shop. I cannot wait to come back! – Erin B.

Amazing teachers, beautiful facilities, kind and caring staff, living wage certified and very clean! Love this place! Best yoga studio in Asheville! – Leinad E.

This place was great! I was visiting from Charleston and found a nice home here for six days. A wealth of classes offered for all yogis. Very welcoming community! – Sophia R.

I love this studio. The finest teachers, serious practitioners and super friendly staff! Thanks for offering roots yoga and tremendous guest workshops! – Paul H.

Wonderful space, so much diversity and very consistent teaching levels across their staff. Never a disappointing class. I can always trust that I'll get a good experience that fits into my day. – Diedrich W.



Contact Information

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