



Company Overview

Asheville Yoga Center is a leader in providing world-class instruction and support for personal growth through yoga. Founded in 1997, Asheville Yoga Center (AYC) offers classes, teacher trainings, and a boutique for yoga practitioners of all levels.

AYC is committed to excellence in yoga. All styles of hatha yoga are offered through a wide variety of community classes and teacher trainings from an elite team of highly educated yoga instructors. Through these trainings and studio classes, AYC is able to continue to fulfil its vision of sharing the benefits of yoga far and wide around the world.

AYC is the largest single location teacher-training program in the country. It has over 225 years of combined world-class instructor experience for a very well-rounded and highly renowned curriculum and education. Its dedicated team of staff and instructors will help students of all levels of yoga feel comfortable and inspire growth within their individual practices.

AYC 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. AYC takes pride in being the best in the industry with world-class instructors and the expertise to further student's yoga careers and 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.

The Boutique 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.

AYC 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.

AYC also supports the community by partnering with many nonprofit organizations that are like minded and dedicated to giving back to those in need in the Asheville area.

Mission Statement

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



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.