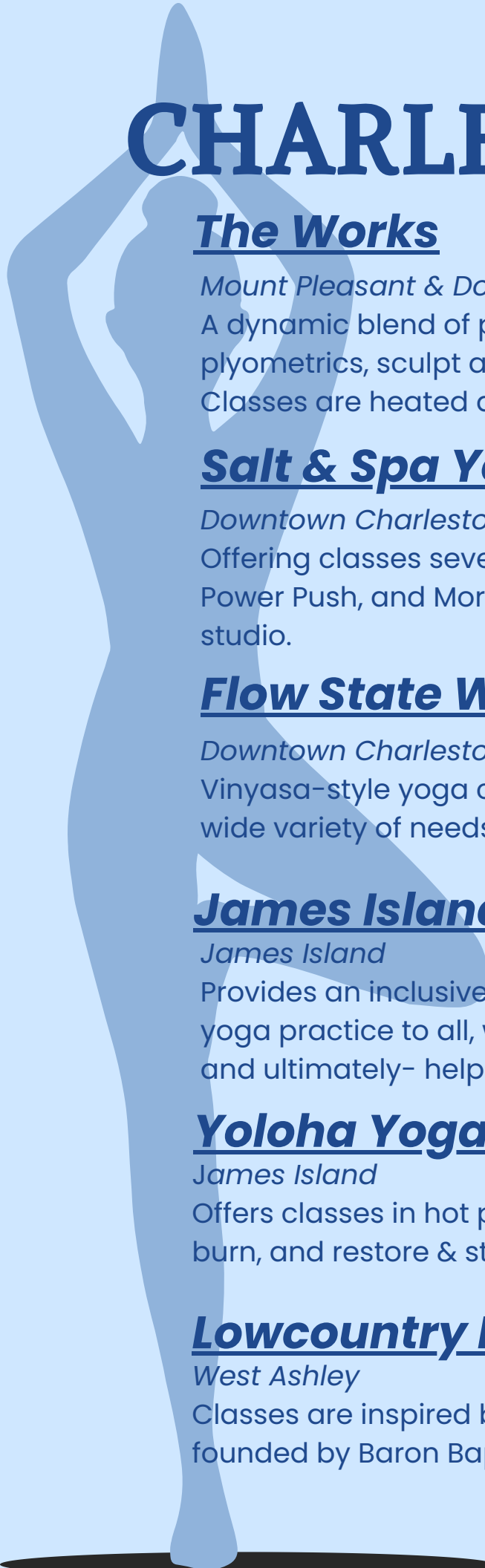


A light blue silhouette of a person in a yoga pose, specifically a standing balance pose with one leg raised and arms extended, is positioned on the left side of the page. The background is a solid light blue color.

CHARLESTON YOGA

The Works

Mount Pleasant & Downtown Charleston

A dynamic blend of powerful vinyasa yoga, cardio, meditation, plyometrics, sculpt and core used to tap into our breath and strength. Classes are heated at 85 degrees.

Salt & Spa Yoga

Downtown Charleston

Offering classes seven days a week in Vinyasa, Yin, Power, Restorative, Power Push, and Morning Flow. Offer a spa in addition to their yoga studio.

Flow State Wellness Studio

Downtown Charleston

Vinyasa-style yoga class in the heart of Charleston. Classes cater to a wide variety of needs, including drip, melt, and elevate.

James Island Yoga

James Island

Provides an inclusive community with a mission to provide a modern yoga practice to all, while still honoring tradition, promoting mindfulness, and ultimately- helping you realize your best self.

Yoloha Yoga

James Island

Offers classes in hot power, align and flow, vin to yin, slow burn, quick burn, and restore & stabilize.

Lowcountry Power Yoga

West Ashley

Classes are inspired by Baptiste Yoga which is a vinyasa-style practice founded by Baron Baptiste. Offer heated and unheated classes.