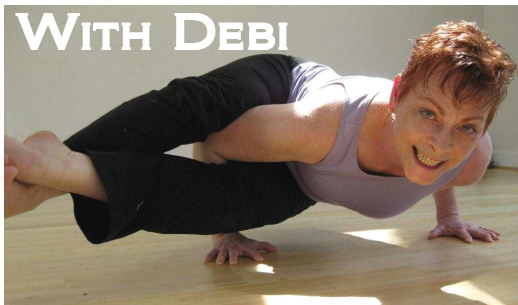


# YOGA WITH DEBI



**SPRING 2012**

**Debi Hawkins-McLendon, E-RYT®**

## **Central Charlotte**

YWCA Central Carolinas  
3420 Park Road  
Charlotte, NC 28209  
704.525.5770  
[www.ywcacentralcarolinas.org](http://www.ywcacentralcarolinas.org)

### **Beginner/Mixed Level**

*Tuesdays* 11:00 - 12:15

## **South Charlotte**

Inner Peaks Climbing Center  
9535 Monroe Road, Suite 170  
Charlotte, NC 28170  
704.844.6677  
[www.innerpeaks.com](http://www.innerpeaks.com)

### **All Levels**

*Thursdays* 7:00 - 8:15 pm

Wee  
Ones™  
Yoga



yoga for babies  
and those who love them

Be Yoga Family  
2201 Park Road  
Charlotte, NC 28203  
704.334.3221  
[www.beyogafamily.com](http://www.beyogafamily.com)

### **Toddler Class**

(for almost-crawlers  
up to 24 months old)

*Fridays* 10:30 - 11:15

### **Infant Classes**

(for babies from birth  
to almost-crawling)

*Wednesdays &  
Fridays* 11:30 - 12:15

**Debi Hawkins-McLendon** has been teaching yoga since 2003. She earned her teacher certification from the Asheville Yoga Center that year and became an Anusara-Inspired™ Yoga Teacher in 2006. She is certified in prenatal and postnatal yoga, and offers Mommy and Me Classes (Wee Ones™ Yoga) as well as classes for kids, teens and families, for all levels of practitioner.

Rates vary by location and class

For more information or to schedule a private session:

[dancingyoga@gmail.com](mailto:dancingyoga@gmail.com)

**704.684.9642**

[www.yogadancer.biz](http://www.yogadancer.biz)

