

Practice with Charlotte

BRINGING YOGA TO YOUR ORGANIZATION



About Charlotte

- RYT 200 certified yoga instructor (Beaumont School of Yoga Therapy)
- Experience teaching across studios, schools and community wellness programs
- Specialties: slow flow, gentle, chair/senior yoga
- Experience with youth yoga all ages & foster
- Experience with adults in recovery
- Certified Reiki Master
- Warm, approachable teaching style built for real beginners



ALL ABILITIES



COMMUNITY

Who I serve

- Businesses - on site and virtual offerings
- Schools - kids' yoga, wellness weeks, yoga for staff
- Recreation/Senior Centers - slow flow, gentle and chair yoga for mobility and balance
- Libraries and community centers - public drop in sessions
- Any group large or small looking to feel calmer & healthier

What I offer

- Single sessions or recurring weekly/monthly classes
- Custom class design for your needs
- Private one-on-one and group sessions
- In-person and virtual sessions

Contact: • phone: 313-400-7609

• email: practicewithcharlotte@gmail.com



YOUTH



SENIORS