

Our Mountain Studio Location:

464 Carolina Way  
2nd Floor  
Highlands, NC 28741  
828-526-8880

FROM ATLANTA, CLAYTON, FRANKLIN:

When arriving into Highlands on take 64E this road will turn into Main Street. At the 2nd stoplight take a left (following 64 E towards Cashiers). Drive one block to next stoplight and take a right onto Carolina Way (by Bank of America). Our studio is located mid-block up on the left, upstairs on the second floor. Look for the "YOGA" sign and use the stairs to the upstairs landing.

FROM SYLVA, SAPPHIRE, CASHIERS, NC:

Drive into Highlands on 64 W. At the 1st stoplight take a left onto Carolina Way (by Bank of America). Our studio is located mid-block up on the left, upstairs on the second floor. Look for the "YOGA" sign and use the stairs to the upstairs landing.