



## Thank You!

*Thank you for registering for teacher training at Be Yoga!  
We are excited to have you come practice, learn, and grow with us.  
Below is information for students who are visiting Charlotte.  
Please let us know if you have any questions or concerns.  
We look forward to seeing you soon!*

### **Be Yoga South/Carmel**

7515 Pineville-Matthews Rd, Suite 2B Charlotte, NC 28226

**Directions:** Be Yoga South is located at the intersection of Pineville Matthews Rd (Hwy 51) and Carmel Rd. From 485 take exit 64A for Hwy 51 N towards Matthews. Travel a little less than 2 miles and you will see Be Yoga on your left above Panera Bread. Make a U-turn at the intersection of Pineville Matthews Rd & Carmel Rd. Make a right into our parking lot and viola!

### **Accommodations**

#### **Homestay**

If you are interested in doing a homestay with a local Yogi, please contact Mara Healy at marayogini@gmail.com.

#### **Hotels**

SpringHill Suites: 12325 Johnston Rd, Charlotte, NC 28277

Extended Stay Deluxe: 8405 Pineville-Matthews Rd, Charlotte, NC 28226

## **Welcome to Carmel Village!**

*Beautiful South Charlotte has a lot to offer visitors! The area around Carmel Village has a*

*flavor & atmosphere distinct from the rest of Charlotte. Explore the charming village of Ballantyne or enjoy the beautiful outdoors.*

## **Walking Distance...**

**Urbana Massage** If you're in need of some relaxation that doesn't include handstands, two doors down is a wonderful tea and massage salon called Urbana. Great place to work or study, or get a massage! *Ask about specials for Be Yoga students.*

**Wild East** An Asian Bistro with great sushi lunch specials

**Moe's Southwest Grille** Locally owned with a friendly atmosphere, Moe's is a short walk from the studio. Good gluten free options

**Smoothie King** Refreshing and delicious smoothies right downstairs.

**Fresh Market** (across the street) A specialty grocery retailer that provides a unique shopping experience in a warm and inviting atmosphere, featuring high quality perishables, distinctive foods and superior customer service.

**Bonefish Grill** Enjoy a wonderful variety of food, seafood, salad, etc. Friendly environment and nice staff.

## **Nearby...**

### **Grocery**

**Fresh Market** *Specialty grocery store with wide variety of perishable food items.*

7625 Pineville-Matthews Rd *(across Pineville-Matthews from the studio)*

Charlotte, NC 28226

(704) 541-1882

**Earth Fare** *Specialty grocery store, specializing in local & organic options.*

721 Governor Morrison Street Suite 110

Charlotte, NC 28211

(704) 749-5042

**Whole Foods** *Another excellent option for those with health & sustainability on their minds.*

*Whole Foods offers a wide variety of natural and organic foods, and is committed to sustainable agriculture.*

6610 Fairview Rd.

Charlotte North Carolina 28210

(980) 213-2400

### **Arboretum**

*Just down Pineville-Matthews Rd from Carmel Village, the Arboretum offers shoppers and*

*diners some unique destinations. Enjoy a walk around the lovely lake or explore the shops & restaurants this shopping center has to offer.*

**Cajun Yard Dog** Enjoy southern style, cajun, & creole cooking in the Arboretum.

**Portofino Italian Restaurant** Locally owned and delicious, Portofinos offers authentic italian cuisine at an affordable price. Delicious handmade pizza or tasty italian spaghetti, Portofinos won't disappoint!

**New South Kitchen & Bar** Enjoy a taste of Carolina cuisine at New South. With an eye on local fresh ingredients, New South has an ever evolving menu that changes seasonally based on what is available. Check them out!

**Pinkberry** Treat yourself to some delicious frozen yogurt at Pinkberry! Greek, lowfat, smoothies, you name it! Enjoy some tasty treats at Pinkberry.

**Vintner Wine Market** Has a fabulous selection of fine foods and artisanal cheeses and the best bang for your wine-designated buck. Enjoy fresh, seasonal and locally-sourced menu with wine-by-the-glass and draft beer.

## **Ballantyne**

**The Blue Taj** Enjoy authentic Indian cuisine in beautiful and unique surroundings. A wide variety of delicious food and four differently themed eating areas ensures a different experience each time you visit. Thirsty? Look no further than the Blue Taj's bubble bar.

**The Blushing Bakeshop** The Blushing Bakeshop loves creating gorgeous and delicious gourmet cupcakes, cakes, cakepops, cookies, brownies and many other sweets & treats. They also offer a unique line of gifts and very special baking products for those times when you want to bake your own tasty treats at home with family or friends.

**D'Vine Wine Cafe** Come to shop, dine, or relax - D'Vine Wine offers a wide variety of wines and beers and a great menu for light refreshments. It also has a great outdoor seating area for enjoying your selection.

**Extreme Pita!** A great destination for both the health and wallet-conscious diner. Each meal is made to order and customizable for any diet or preferences. Both local flavor and international cuisine offered in EXTREME ways!

**Mellow Mushroom** A perfect destination for almost any time of the day, Mellow Mushroom offers delicious pizza, great selection of refreshment, and an excellent and welcoming eating environment.

**Ballantyne Village Theatre** Interested in indie-films? Like to dine &/or drink while enjoying film? The Ballantyne Village theatre is the place for you! Atop the Ballantyne Village complex, enjoy a good movie and some excellent refreshments.