

ONE Yoga Sanctuary opens on Lady's Island



The New Year rang in the opening of ONE Yoga Sanctuary. Located on the second floor of the Lady's Island Marina, the studio offers a stunning view of the Beaufort waterfront.

The light-filled space was bursting with students who had waited and watched while it underwent major renovations during the holidays, as it transitioned from Yoga Chandra Center to ONE Yoga Sanctuary. Owner and director, *Dragana Pavic-Zappia*, who was mentored for many years by Yoga Chandra founder Kim Cech, envisions a studio where all yoga traditions are honored and people of all ages and abilities are welcome. "I want to build on the strong foundation established by Kim and continue to provide a safe and sacred place for the practice of yoga. Our certified teachers bring decades of training to a range of practitioners, from beginner to expert. We encourage people to seek the teachers and the classes that will best serve you," she said. In addition to yoga classes, the studio offers opportunities for meditation, Thai bodywork and other mind-body practices.

Everyone is invited to attend a "new moon" studio open house on Thursday, January 30th

at 6 pm.

To find out more about the studio, its teachers, classes and events, visit

oneyogasanctuary.com

or its Facebook page:

<https://facebook.com/oneyogabeaufort>

A Bright New Light

Written by Editor

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ONE Yoga Sanctuary is located behind Dockside Restaurant, on the second floor of the Lady's Island Marina, 73 Sea Island Parkway.