



Join Carlos Goveo, RYT  
Certified Instructor of  
The Rocket  
Ashtanga Based Series

Explore a vigorous practice full of Arm Balances,  
Inversions, Backbends and Twists in a sequence  
variation on Ashtanga Vinyasa Yoga!

**Full Weekend Cost: \$115 Pre-Paid;  
\$135 Walk-In**

**Location: YogaFlex Studio 9852 Rea Rd. Suite  
D2 Charlotte, NC 28277**

**Individual Sessions:**

Friday 5:45 -7:15 pm Rocket 1 \$30

Saturday 7-9:15 am Rocket 2 \$35

Saturday 2:30-5:30pm Transitions, Arm  
Balances, & Inversions \$40

Sunday 6/30 12:15 - 2:45 pm Rocket 2 \$35

**For more info: [Yogaclub.us](http://Yogaclub.us) Under  
Workshops/Charlotte or  
[YogaFlexnc.com](http://YogaFlexnc.com)**

\*Created by Larry Schultze, The Rocket is a series of postures based on a modification of the traditional Ashtanga Vinyasa Yoga Intermediate series

\*The Rocket breaks through areas of tension and energy blockage, combating tendencies towards stagnancy and resistance in the body.

\* Frequent hand stands and arm balances keep the energy level high and encourage students to connect to their inner power and change their world view