

Cathy "C.C." Carter, a returning Dalton/Chatsworth native is the owner of North Georgia Yoga. While living in Las Vegas & performing 6 nights a week, she was having issues from an auto accident injury. At the request of her roommate, a physician, she tried yoga. While she couldn't do most of the poses, she kept an open mind & did what she could. "I was amazed at how my pain minimized & how relaxed & calm I felt. She started a regular practice 3-4 times a week & her body started healing. "I started feeling so comfortable in my body." Her passion for this lifestyle led her to teaching in 2006 in Las Vegas. She is certified & registered with the Yoga Alliance & received her training & in-depth study of Hatha yoga at Hot Yoga USA/International Yoga Academy in Washington, D.C. She was asked, & stayed to manage & teach at the studio & off-site clients i.e., The White House Athletic Center, & NASA, CIA, FBI, & the Securities & Exchange Commissions Headquarters.

She has attended workshops with Max Strom, Bryan Kest & Shiva Rea in California.

Prior to opening her studio in Dalton, she taught at North Shore Yoga in Chattanooga, TN.

"I feel very blessed to have yoga as a part of my journey in this life. I'm excited to be here, educating the community about the positive way it effects the mind, body & spirit, the health benefits, that yoga is a practice, not a religion, & what a beautiful gift yoga is for all bodies, all ages, all levels."

C.C. is also a licensed Esthetician,, professional singer & spokes model.

[www.myspace.com/ccathycarter](http://www.myspace.com/ccathycarter)