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CorePower Yoga Opens 1st Studio in Dallas (101st Nationwide)

Mockingbird Studio Offers Beginner to Advanced Yoga Classes and Teacher Certification

Dallas, TX – Denver-based yoga company [CorePower Yoga](http://www.corepoweryoga.com) will open its 1st studio in Dallas, Texas on Friday, August 1. This marks the 101st studio opening nationwide for CorePower Yoga.

Located in the Mockingbird Station shopping area, the Mockingbird Studio will offer a variety of yoga class styles for all levels, including CorePower Yoga's dynamic heated power yoga in beginner to advanced formats, Yoga Sculpt and Hot Power Fusion. In addition to classes, Mockingbird will offer [Yoga Teacher Training](#), as well as Lifestyle Programs such as boot camps and wellness cleanses to provide students with cross-training opportunities.

"We have been counting down the days until the studio opens, and we are so excited it's finally here!" said Matt Weston, CorePower Yoga's Mockingbird Studio Manager. "The Dallas community is going to love our unique style of yoga."

The Mockingbird Studio is home to two spacious yoga rooms and features a range of amenities including luxurious changing rooms, showers and private lockers. A full retail boutique will showcase men's and women's activewear, as well as a variety of accessories to meet your yoga and lifestyle needs.

Students who are new to CorePower Yoga will receive one week of unlimited [free yoga classes](#). A variety of [membership package options](#) are also available.

Last year, CorePower Yoga received a significant investment from Catterton Partners, the leading consumer-focused private equity firm, positioning the brand for rapid growth.

CorePower Yoga – [Mockingbird Studio](#)

5319 E Mockingbird Ln, #205
Dallas, TX 75206

About CorePower Yoga

CorePower Yoga (CPY) strives to increase awareness and widespread adoption of yoga by making yoga accessible to all fitness levels through a variety of yoga styles, convenient class times and numerous studio locations. The company's unique and physically challenging style of power yoga combines music, movement, breath, heat and community to create a one-of-a-kind workout. CPY classes are taught by warm and approachable certified yoga instructors who will have you sweating! In addition to yoga classes, CPY offers transformative Yoga Teacher Training and Lifestyle Programs to empower students to advance their individual practice or become instructors. CPY's beautiful, spa-like studios are built with sustainable practices in mind, using recycled products, sustainable materials and utilizing the latest technology to efficiently heat its practice rooms. CPY was founded in 2002 by Trevor Tice and has 101 studios in 13 states. For more information, visit www.corepoweryoga.com, or [download a press kit](#).

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