

Class Name	Class Description	Go Local Business	Instructor	Date	Time	Class Registration Info (Click on the Link to Register)	Short Bio
Gentle and Restorative Yoga	Chasity Burleson (She/Her), the owner of Ful Flow Yoga, is teaching a yoga class that is designed to help you find the time to relax and find stillness. The movements will be slow and used to nourish the body as well as the mind. Expect creative movements and restorative poses. Great for beginners.	Ful Flow Yoga	Chasity Burleson (She/H	Feb 9	7:15-8:15PM	Ful Flow Yoga with Chasity Burleson (She/Her)	An Asheville native, Chasity began her yoga journey over a decade ago. After the unexpected death of her father yoga became so much more than a workout. Chasity used yoga to heal, to sit with grief and come out on the other side stronger and more connected. Creating this connection to self and the world is what motivated Chasity to want to share this gift with others. This desire to bring people closer to themselves and each other led her to become a ERYT-500 and open Ful FLOW Yoga Studio in 2019. Chasity is trained in Hatha, Vinyasa, and trauma informed yoga practices. She is dedicated to making yoga accessible for everyone and to the work of social justice and yoga, knowing that our individual liberation is bound to the liberation of all.
Find Your Best Fit - A Career Coach's Guide to the Changing World of Job-Seeking	Whether you're just curious about changing careers, are looking for home-based employment, or are in the middle of a fresh job search, Beth Lemmel from Lemmel Employment Coaching will provide insight into the state of things in the world of job-seeking, and some tips about how to approach your search so that you truly find a job that is a good fit for you and your lifestyle.	Lemmel Employment Coaching	Beth Lemmel	Feb 10th	11-12PM	Lemmel Employment Coaching with Beth Lemmel	Beth Lemmel is the founder of Lemmel Employment Coaching in Asheville, NC. Beth has proudly lived in WNC for 17 years and when she's not assisting job-seekers or making new connections in the world of business coaching, she can be found running, hiking, paddling the French Broad or planning the next travel adventure with her family. In 2011, she combined her passion for health and coaching which led to an unexpected and highly rewarding career in employment coaching at a mental health recovery community. This is where the synthesis happened, knowing that a meaningful career can be one of the baselines for a healthy and happy life. Lemmel Employment Coaching aims to integrate the notion of work/life balance and the importance of having a job you don't need to "recover" from, but that compliments and lifts you up as an individual.
Cooking with Purpose/Cooking with Soul	Go Local Asheville is teaming up with AARP Western North Carolina and Chef Clarence Robinson, founder and owner of Cooking with Comedy/Food for the Soul to offer this very special cooking class	Cooking with Comedy Catering/Soul on the	Chef Clarence Robinson	Feb 16th	4-5PM	Cooking with Purpose/Cooking with Soul with Chef Clarence	According to Chef Clarence, who was born and raised in Asheville, "I specialize in culinary funny business with the passion for food that touches your soul! From catering to being a personal Chef, I've done it. Having a chance to get recognized nationally on The Food Network's Cutthroat Kitchen, I've decided to chase down my dreams for culinary greatness! "
Upping Your House Plant Game	Okay, I'm going to admit, I have a room in my house where you have to look beneath and around the plants to find my furniture. So if there are several of you who are like me out there, you're going to love this class. Jenna Mace from B.B. Barns is a Tropical Plant Specialist and House Plant Enthusiast. She will be teaching us about taking care of houseplants, including lighting, identifying pests and how to treat, pet safety around our houseplants, and getting ready for Spring	B.B. Barns	Jenna Mace	Feb. 22nd	6-7PM	Upping Your House Plant Game with Jenna Mace, B.B. Barns	Jenna originally got into houseplants working at a nursery in Flagstaff, Arizona where she helped care for the houseplants for 3 years. She moved to Asheville in 2018 and have been the buyer and manager for B.B.Barn's Tropical department since! According to Jenna, "I love everything houseplant, and can't wait to help you get started on your own journey!"
Dog Training	We at Go Local love our dogs (nothing against cat, we love them, too!) And, with Asheville being "Dog City", we decided to ask one of our business members, Chris Valdes, co-owner of Asheville Dog Academy, to share dog training tips and answer questions from our dog loving cardholders who could use some advice.	Asheville Dog Academy	Chris Valdes	Feb 23rd	7-8PM	Dog Training with Chris Valdes, Asheville Dog Academy	A lifelong animal lover, Chris has been a professional dog trainer for over 20 years and is co-owner of Asheville Dog Academy. Chris's experience is practical and deeply rooted in science-based and proven training principles. He has experience in the area of practical pet training, behavioral work, competitive obedience, protection training, trick training, and he's also trained dogs for film work. Chris is certified by 2 times World IGP Champion & 15 times National IGP Champion Ivan Balabanov as a Training Without Conflict Professional Dog Trainer.
Open Studio Hip Pack Sew Along	Join Leigh Hilbert from Sew Co, in sewing a <i>Hip Pack</i> from Open Studio's on-line pattern collection. This hip pack pattern has lots of pro details including webbing tabs and zipper tabs that give it a super clean look. Two sizes, same instructions. Large fits notebook and water bottle; small is perfect for just your keys, wallet and phone. Wear it slung 'cross-body or around your hips - either way you'll be hands free stylin'. Leigh will walk you through the steps and construction by video, with a live recap and Q and A.	Sew Co	Leigh Hilbert	Feb 26th	10-11AM	Open Studio Hip Pack Sew Along with Leigh Hilbert, Sew Co.	Leigh Hilbert has been a maker for 35 years, spending her time sewing, costuming, painting, and teaching. Leigh owned and operated The Drygoods Shop in West Asheville for 10 years, a mixed use studio space which hosted community gatherings and workshops, as well as housing a storefront. She now calls Sew Co home, and looks forward to being part of the River Arts District.
Turn Likes into Loyalty with Better Social Media	Social Burro's Frank Kecseti and Alyson Kate Long believe your social media should be a business asset, not an afterthought. Are you ready to break through the noise? Join us to learn how to create a solid brand message, turn your feeds into a destination, and how to level up your local marketing with paid social ads that work.	Social Burro	Frank Kecseti and Alyson Kate Long	Feb 28th	2-3PM	Turn Likes into Loyalty with Better Social Media with Social Burro	Frank is Social Burro's Chief Burro. With 10 years in marketing, Frank's career has many highlights from being a social media influencer for Home Depot to shooting a tee shirt cannon on center court at Atlanta Hawks games. He earned a B.A. in Advertising from the Art Institute of Atlanta and a diploma in Digital Brand Management from Oregon State University. Alyson Kate, or AK, is Content Director. AK has been a copywriter in ad agencies for 13 years. She has created brand voices, content strategies and identities for more than 20 SMBs. She has a passion for brand strategy and collaborative storytelling — and has an unwavering determination to help small businesses find their "Why".
Build Your Own Squarespace Website	New to business (or at least new to Squarespace) and looking to flaunt your amazing skills, services, products or ideas online? Squarespace can easily help you showcase all of the above, with its user-friendly features and design-forward platform, and local Squarespace designer Renee Hartwick (and just happens to be our social media maven!) is here to help you get started and grasp the basics as she guides you through the first things to do when you set up your site, the basics of page building and how to find your way around the Squarespace 7.1 platform!	Hart & Soul Web Design	Renee Hart	Mar 2nd	6-7PM	Build Your Own Squarespace Website	Renee is a lucky Asheville native and is the founder of Hart & Soul Co., a Squarespace design and branding studio, where she's worked with dozens of intentional small businesses and creative entrepreneurs. She truly believes that websites can be both a stunning online space AND a useful business tool, and believes deeply in empowering her clients to feel confident within their online presence. Renee enjoys connecting with the WNC community and serves as a business mentor at the AB-Tech Small Business Center, the Business Outreach Co-Chair of AIGA Asheville and the social media director for Go Local Asheville. She has been a Squarespace educator and certified Circle member since 2019.