



As you walk through the door of Turquoise Boutique, you know you are walking in to a happy place! You are immediately greeted by the owner, Keta Hawley, to offer you any help you may need. Keta will help you find the perfect piece that is just right for you! The shop offers several very unique designers and lines that range from Boho chic to casual to a very modern vibe. Whatever your style, Turquoise Boutique is a fit! All of the lines at Turquoise Boutique are zip code protected and the shop only carries about 4 to 5 pieces of each style so there's no need to worry about seeing that beloved dress you just purchased off the rack, walking around town. This is just one of the many facets that make shopping at Turquoise Boutique such a unique experience!

At Turquoise Boutique, the main goal is for every person to leave the shop happy and feeling good about being uniquely you!

Turquoise Boutique is open Tuesday-Friday from 11 am – 6 pm and Saturday from 11 am to 3 pm.



VIDA Hot Yoga is a new boutique fitness facility located in the heart of downtown Kingsport. The 2,000+ square foot studio offers a variety of hot and non-heated styles of yoga, barre and pilates. VIDA will also offer workshops, private and corporate sessions, and community events. Owners Jessica White and Ashley Davis, Kingsport natives and graduates of Dobyns-Bennett High School, each bring unique contributions to VIDA. White, in addition to having a Master of Education degree, is a Yoga Alliance Registered Yoga Teacher (200-RYT) specializing in Baptiste-inspired Power Yoga. Davis has a doctoral degree in a health care specialty, holds multiple group fitness certifications, and has 20 years experience in the health and fitness industry. White and Davis are excited to share an inviting space that welcomes and encourages yoga students of all levels to grow in their practice, relationships, and life.



VIDA is an eco-friendly studio featuring a state-of-the-art INFRARED heating system. The heating system used at VIDA is safer and more energy efficient than traditional heating methods. Infrared heat does not require filters, fuels, ducts or pumps that require cleaning and maintenance. The panels are noise-free and do not circulate allergens, dust, and microbes through the air. Infrared heat works differently than conventional heating in that it heats the objects in the room, not the air. This system transforms light into heat, and offers a variety of health benefits. Infrared heat increases metabolism, improves immune function,

and aids in toxin removal. From minor ailments to chronic pain, this heating system has been shown to decrease inflammation and pain. As toxins are removed from the body, the heat increases healing, improves flexibility and mobility, reduces muscle stiffness and soreness, increases circulation, promotes weight loss, reduces stress and enhances overall recovery. Combining this method of heat with yoga, barre, and pilates you'll feel and move better! VIDA is the only studio in the area to offer this amazing technology.

VIDA features fully equipped locker rooms with everything you need to shower and head to your next outing. VIDA clients can attend early 6am classes before work, rush over for Power Hour on their lunch break, or attend any of the many classes offered throughout the week! From calorie scorching power yoga and barre, to relaxing gentle and restorative classes, there's a class at VIDA for everyone, regardless of past yoga experience. Beginners and experts alike will find VIDA the perfect studio for improving their health, fitness, and well-being. VIDA will also be offering a kid's yoga class!

VIDA offers convenient parking in the attached parking garage. You won't have to worry about a lack of parking or running in the rain to make it to your class. At VIDA, you can enter the studio directly from the parking garage or take a stroll down Center Street and enter through the front lobby. The studio will feature a rotating art exhibit from local artists in the lounge area and host a variety of artwork in the studio to promote a well-rounded, global experience. VIDA amenities make attending classes convenient, fun, relaxing, and beneficial to your overall health. VIDA will provide Kingsport and surrounding communities a health and fitness experience unlike anything in the region, an experience that truly encourages you to move your body and still your mind. Check out VIDA's website www.vidahotyoga.com for pricing, schedule, FAQ's, current updates and join us for our grand opening in June!