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FEATURED

One-stop wellness shop coming to RedStone

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A yoga studio centered on mental health is opening its first location at RedStone in Indian Land.

Dream Yoga and Wellness, founded by Doug and Caroline Middleton, will have a soft opening for “founding” members in mid-May and will host its grand opening June 3.

Both were college athletes at Appalachian State University — Caroline in softball and Doug in football.

“I was all-conference and all-American safety (at Appalachian State) from 2011 to 2015,” Doug said. “After App State, I went on to play with the New York Jets from 2016 and 2018, the Jacksonville Jaguars in 2019 and 2020, and then in San Francisco with the 49ers in 2021.

“My wife was a four-year starter at softball at Appalachian State — third base. Our whole entire life runs around athletics.”

He said their business inspiration came from their shared love of yoga, which they really began to practice after moving to Waxhaw, N.C., from Charlotte in 2020 during the pandemic.

“We came up with the idea around this time last year and couldn’t find any yoga studios in the area,” Doug said. “I started doing yoga in 2014, and fell in love with it — just the physical benefits of it, and then also the mental benefits of it, wanting to put mind, body and spirit at one place.”

Doug said he lost his best friend to suicide in 2017, and that is what inspired him to connect his passion for mental health resources with his love for yoga.

“I’ve played in the NFL for last six years and I always felt like there was a lot of resources that were available to us that wasn’t really available to others at a lower cost,” he said.

In addition to the yoga studio with instructors and therapy sessions with medical professionals, Dream Yoga and Wellness will have infrared saunas, locker rooms and child care. Doug said Dream Yoga will also look to partner with other medical and wellness services in the future for members to enjoy.

Memberships range in price, but the first 50 people to sign up will get a founding membership for \$139 a month, which includes unlimited yoga, access to the infrared sauna, member-only events, free kid’s yoga once a week, priority access to recovery resources and discounts on apparel and workshops.

Once 50 people have joined, an unlimited membership will cost \$169 a month and drop-in memberships will be \$79 a month. Memberships require a three-month minimum commitment.

“Anybody looking for any inquiries, whether that’s for therapists, teachers, anybody looking for job opportunities should reach out to us,” he said.

For more information, call 803-558-1496 or visit www.dreamyoganadwellness.com.

Haley