

## Yoga

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Contact Email

mothermassage@embarqmail.com

Intake Process

Call for class times. Communicate by email to sendingstarlight@gmail.com

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

New Body Mind Spirit Center

<http://thenewbodymindspirit.com/>

Main

(434) 294-5451

1110 E Market Street, #20

22902 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: 9:00 am-12:00 pm

Sunday: Closed

Additional Availability Comments

Leave a message if no one is available to answer. By appointment onlh

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

New Body Bind Spirit Center is a Yoga studio offering classes at all levels and to all ages. Class times vary; call for information.

Full range of healing modalities, including Therapeutic massage, medical massage, and a full schedule of Yoga classes, Shamanic studies, and empowering workshops.

Service Area(s)

Albemarle County

,

Charlottesville City