Yoga

Age Requirements 13-21 18 and over Available 24/7 No Other Eligibility Criteria Open **Family** No Intake Contact Email info@healthylifeyoga.com **Intake Process** Call or come by. You can also visit the website for information. Provider Refer Yes Report Problems Call the Agency Self Refer Yes Healthy Life Yoga Studio https://www.healthylifeyoga.com Main (804) 4370608 13565 Midlothian Turnpike, Floor 1 23113 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: Closed

Sunday: Closed

Additional Availability Comments

Class hours vary each day. Please visit the website or call.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Healthy Life Yoga Studio offers yoga classes. Accessible classes for Everybody: Beginners, level 1 and 2, gentle, private instruction, stress management. Taught by certified and experienced instructors. Lots of yoga, lots of space, lots of parking. A 10% discount is offered for seniors over 60 years old. Workshops and retreats are also available.

Call for more information.

Service Area(s)

Chesterfield County

Henrico County

Powhatan County

Richmond City