Yoga | Bethesda

Age Requirements 0-5 , 6-12 , 13-21 , 22-55 56-60 , 60 +Available 24/7 No Other Eligibility Criteria Open to all ages Family No Intake Contact John Schumacher Intake Contact Email uwyc@unitywoods.com **Intake Process** Please call the office for more information. Self Refer Yes Unity Woods http://www.unitywoods.com/ Main (301) 656-8992 4853 Cordell Avenue Suite PH9, 16th Floor 20814 MD

United States

Monday: 6:30 am-9:45 pm Tuesday: 6:30 am-9:45 pm Wednesday: 6:30 am-9:45 pm Thursday: 6:30 am-9:45 pm Friday: 6:30 am-9:45 pm Saturday: 9:00 am-4:15 pm Sunday: 9:00 am-2:30 pm Additional Availability Comments Call for information on classes. Fee Structure Fixed Fee Payment Method(s) Private Pay Languages Spoken English

Yoga studio offering a variety of classes, at all levels. Special classes include:

Gentle Class, for students who have a particular limitation

Breast Cancer Survivors class

Special Needs Class, for those who have physical conditions such as heart problems, spinal problems, arthritis, MS, and chronic or acute injuries. Restorative Class

Service Area(s) Alexandria City

Arlington County

Fairfax City

Fairfax County

Falls Church City

Maryland

,

,

Washington DC