

## 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](mailto: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