Yoga Classes

```
Age Requirements
16-21
22-55
56-60
60 +
Available 24/7
No
Other Eligibility Criteria
Open to all
Intake Contact Email
alexandria@yogaindailylifeus.org
Intake Process
Call or visit the website for class schedules and to register.
Self Refer
Yes
Yoga in Daily Life
https://www.yogaindailylifeus.org/alexandria
https://www.facebook.com/yoga.in.daily.life.alexandria/
https://twitter.com/YIDLAlexandria
Main
(703) 299-8946
2402 Mount Vernon Avenue
22301 VA
United States
Fee Structure
Fee Range
Fixed Fee
Payment Method(s)
Private Pay
```

Languages Spoken English

Yoga in Daily Life is a Yoga studio offering classes at all levels and meditation classes. Yoga and meditation; Yoga for Seniors; Yoda for Kids; Yoga for a Healthy Back; and more are offered.

Free trial class for new students during the first week of the session. For those who have not taken yoga before or are new to the Yoga in Daily Life System, they recommend taking one six-week session of Level I.

Seminars and Workshops are also offered periodically.

Service Area(s)
Alexandria City
,
Arlington County

Arington County

Fairfax City

Fairfax County

, Falls Church City Email

alexandria@yogaindailylifeus.org