

# 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