

## Yoga | Arlington

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

<https://www.unitywoods.com>

Main

(301) 656-8992

4001 N. 9th Street

Suite 105

22203 VA

United States

Monday: 7:00 am-9:30 pm

Tuesday: 7:00 am-9:30 pm

Wednesday: 7:00 am-9:30 pm

Thursday: 7:00 am-9:30 pm

Friday: Closed

Saturday: 8:00 am-1:00 pm

Sunday: 9:30 am-12:45 pm

Additional Availability Comments

Call for class times

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

Note: Administrative offices are located in Bethesda. the Arlington studio is only open for classes. Doors open 15 minutes before class begins and are locked while classes are in session.

Service Area(s)

Arlington County