

## Yoga Classes and Massage Services

Age Requirements

13-21

,

18 and over

Available 24/7

No

Family

No

Intake Contact

Nancy Glenmore

Intake Contact Email

glenmoreyoga@aol.com

Intake Process

Please call the office for more information.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Glenmore Yoga and Wellness Center

<https://glenmoreyoga.com/>

<https://www.facebook.com/people/Glenmore-Yoga-Wellness/100063607812221/>

Main

(804) 741-5267

10442 Ridgefield Parkway

Glen Eagles Shopping Center

23233 VA

United States

Monday: 8:30 am-3:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-3:00 pm

Thursday: 8:30 am-3:00 pm

Friday: 8:30 am-3:00 pm

Saturday: 8:30 am-12:30 pm

Sunday: Closed

Additional Availability Comments

Call for time of class

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Glenmore Yoga and Wellness Center offers yoga classes for everyone. A large variety of yoga classes are offered weekly for Introductory, Beginning, Continuing, Intermediate, Gentle, Pre and Post Natal, and "Ageless" for ages 55 plus. Classes are ongoing and individuals can begin at any time. The Yoga Center is a place to practice yoga, have a therapeutic massage, check out books and videos from the Holistic Reference Library, participate in Saturday Seminars, and sip herbal tea with friends.

Yoga classes are informal and fun, taught in a semi-circle so the instructor can be attentive to each student. Each class includes a flow of postures, breath awareness and guided relaxation. Call for more information.

Service Area(s)

Goochland County

,

Hanover County

,

Henrico County

,

Louisa County

,

Richmond City