

## 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

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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

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[alexandria@yogaindailylifeus.org](mailto:alexandria@yogaindailylifeus.org)