

## Yoga & Massage

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

All ages, all fitness levels, and all body types.

Family

No

Intake Contact Email

zenyayoga@cox.net

Intake Process

Walk in to register or call for information

Self Refer

Yes

Zenya Yoga & Massage Studio

<https://www.zenyayoga.com>

<https://www.facebook.com/zenyayoga>

Main

(757) 643-6900

101 Herman Melville Ave

23606 VA

United States

Additional Availability Comments

Call or visit the website for class times and schedules.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Zenya Yoga and Massage Studio --- Where all your senses come to life!

Awaken your sight to the natural, uplifting tones of island blue, white & earth, framing the beauty of the amber bamboo floor beneath. Soft waterfall lighting flows throughout the room creating a soothing ambiance for inward journeys.

Awaken your sound to the sonic pleasures of enchanting, earth flavored tunes with electronic beats, sensual melodies, and organic rhythms sure to awaken the body & soul.

Awaken your smell with invigorating aromatherapies that soothe & refresh your spirit promoting health, healing, beauty & balance.

Awaken your taste with natural, herbal tea blends that cool or warm the body as the perfect ending to any mind-body experience.

Awaken your touch to the hands-on guidance of skilled yoga instructors or melt into the hands of our massage therapists as you relax to the rhythmic movements of the Zenya Fusion Massage.

Service Area(s)

Hampton City

,

Newport News City

,

Norfolk City

,

Poquoson City