

## Yoga for Adults

Age Requirements

18 and over

Other Eligibility Criteria

Adults

Intake Contact Email

danceabilitiesva@yahoo.com

Intake Process

Call the office

Provider Refer

Yes

Self Refer

Yes

Dance Abilities

<http://www.danceabilitiesva.com/>

<http://www.danceabilitiesva.com/non-special-needs-classes/>

Main

(703) 887-9101

12487 Rose Path Circle

22033 VA

United States

Additional Availability Comments

Class times vary

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Yoga Flow is yoga class for adults without disabilities. The gentle Yoga Flow classes integrate breath, body and balance to enhance your body's natural intelligence toward wellness and provide an outlet for some stress relief. It blends principles

from Hatha Yoga, Energy Medicine and Bartenieff Fundamentals S(BF) helping you to improve posture, awareness, balance and 3D core support.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[danceabilitiesva@yahoo.com](mailto:danceabilitiesva@yahoo.com)