

# Yoga

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Contact Email

mothermassage@embarqmail.com

Intake Process

Call for class times.

Provider Refer

Yes

Self Refer

Yes

New Body Mind Spirit Center

<http://thenewbodymindspirit.com/>

Main

(434) 294-5451

313 2nd Street SE Suite 211

22903 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: 9:00 am-12:00 pm

Sunday: Closed

Additional Availability Comments

Leave a message if no one is available to answer.

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

The New Body Bind Spirit Center is a Yoga studio offering classes at all levels and to all ages. Classes available Tuesday evenings from 5:30 - 7 PM and on Saturday mornings from 9-10:30 AM. Other classes will be offered at a later time or by appointment.

Full range of healing modalities, including Therapeutic massage, medical massage, Reiki and Acupuncture, as well as a full schedule of Yoga classes, Shamanic studies, and empowering workshops.

Service Area(s)

Albemarle County

,

Charlottesville City