

## Yoga Classes | Arlington

Age Requirements

0-5

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6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Open to all ages

Family

No

Intake Contact

J Gormley

Intake Process

Please call the office for more information.

Self Refer

Yes

Sun and Moon Yoga Studios

<https://www.sunandmoonstudio.com>

Main

(703) 525-9642

3811 Lee Highway

22207 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: Closed

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Sun and Moon Yoga studio offers all levels of yoga classes. Special classes include: Yoga for Seniors 55+; Gentle yoga for Beginners; Power yoga; Meditation classes. Classes are scheduled throughout the day and evening, everyday.

Special workshops and retreats are offered. Call or visit the website for more information.

Sun & Moon Yoga Studio is a place for people to experience and study hatha yoga. We believe in a holistic approach to the study of yoga, giving our students a well-rounded yoga education, bringing in teachers with an eclectic background of yoga. We believe in combining alignment techniques of the body with breath techniques for calming and balancing the mind and the belief and faith that our work feeds us and is fed by the (spirit) Divine Universal Energy present in us all and in all things.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

,

Loudoun County

,

Prince William County