

## Yoga Classes

Age Requirements

13-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Contact Email

haycvideos@gmail.com

Intake Process

Visit the website for information and to register by email.

Provider Refer

No

Report Problems

Send an Email

Self Refer

Yes

Health Advantage Yoga Center

<https://www.healthadvantageyoga.com/>

<https://www.healthadvantageyoga.com/ClassesTest.php>

Main

(703) 435.1571

1041 Sterling Road, Suite 202

20170 VA

United States

Monday: 9:00 am-9:00 pm

Tuesday: 9:00 am-9:00 pm

Wednesday: 9:00 am-9:00 pm

Thursday: 9:00 am-9:00 pm

Friday: 9:00 am-9:00 pm

Saturday: 9:00 am-1:00 pm

Sunday: 9:00 am-1:00 pm

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

The Health Advantage Yoga Center offers several Yoga classes. Hatha Yoga is an ancient discipline that explores, develops, and integrates the body, mind, and spirit. Yoga stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration.

The yoga studio offers classes at all levels, including Gentle Yoga. Classes are available Monday through Sunday, and hours vary. Video classes are available. Yoga classes are available at businesses as well as on-site and online.

Service area includes Reston, Herndon, Sterling, Ashburn, Leesburg, Great Falls, Oak Hill, and Potomac Falls.

Service Area(s)

Alexandria City

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[haycvideos@gmail.com](mailto:haycvideos@gmail.com)