

## J. Leah's Yoga & Wellness Loft of Alabaster - Alabaster

alabaster

☐ I'm not a robot
 

Published on: 03/05/25	Hits: 40
Comments: 0	See comments
Votes: 5	Score: 5

[https://www.electrofitness.com/yoga-studio/alabaster/j-leah-s-yoga-wellness-loft-of-alabaster-alabaster\\_265814.php](https://www.electrofitness.com/yoga-studio/alabaster/j-leah-s-yoga-wellness-loft-of-alabaster-alabaster_265814.php)



*alabaster*

## *J. Leah's Yoga & Wellness Loft of Alabaster - Alabaster*

### **Discover J. Leah's Yoga & Wellness Loft of Alabaster**

J. Leah's Yoga & Wellness Loft of Alabaster is a unique destination for those seeking peace, wellness, and community in Alabaster, Alabama. This studio stands out not only for its expert instructors but also for its commitment to accessibility.

### **Accessibility Features of J. Leah's Yoga & Wellness Loft**

One of the remarkable aspects of J. Leah's Yoga & Wellness Loft is the

attention given to **accessibility**. The studio provides a **wheelchair-accessible car park**, ensuring that everyone can easily access the space. Additionally, there is a **wheelchair-accessible toilet** available, making it convenient for all visitors. These features enhance the overall experience, allowing individuals with mobility challenges to participate in the classes fully.

### **Amenities to Enhance Your Experience**

The studio offers various **amenities** designed to create a welcoming environment. From comfortable mats to soothing lighting, every detail is tailored to promote relaxation and focus. The positive atmosphere is further amplified by the skilled instructors who lead the classes.

### **Classes That Make a Difference**

Participants rave about the classes, such as the Kundalini yoga session led by Skye. One visitor shared, "Wow! I went to the Kundalini yoga class taught by Skye and my goodness. I felt like my brain had a massage! Skye's voice is so soothing, and the practice moved at a good speed. I will totally be back. Thank you, Skye!" This highlights the studio's ability to provide transformative experiences through expert instruction and a supportive environment.

### **Exceptional Massage Therapy**

In addition to yoga classes, J. Leah's Yoga & Wellness Loft also features exceptional massage therapy services. Jessica, one of the massage therapists, is frequently praised for her skills and warm personality. Visitors have expressed their appreciation, saying, "Jessica is an amazing person and massage therapist!!" Her talents contribute to the overall wellness experience offered at the studio.

### **Conclusion**

J. Leah's Yoga & Wellness Loft of Alabaster is more than just a yoga studio; it's a sanctuary for health and healing. With its commitment to **accessibility**, excellent **amenities**, and skilled instructors, it caters to a diverse community. Whether you're looking to deepen your yoga practice or indulge in a rejuvenating massage, this studio has something for everyone.

### **We are established at**

205 Buck Creek Plaza suite a, 35007 Alabaster, Alabama - United States (US)

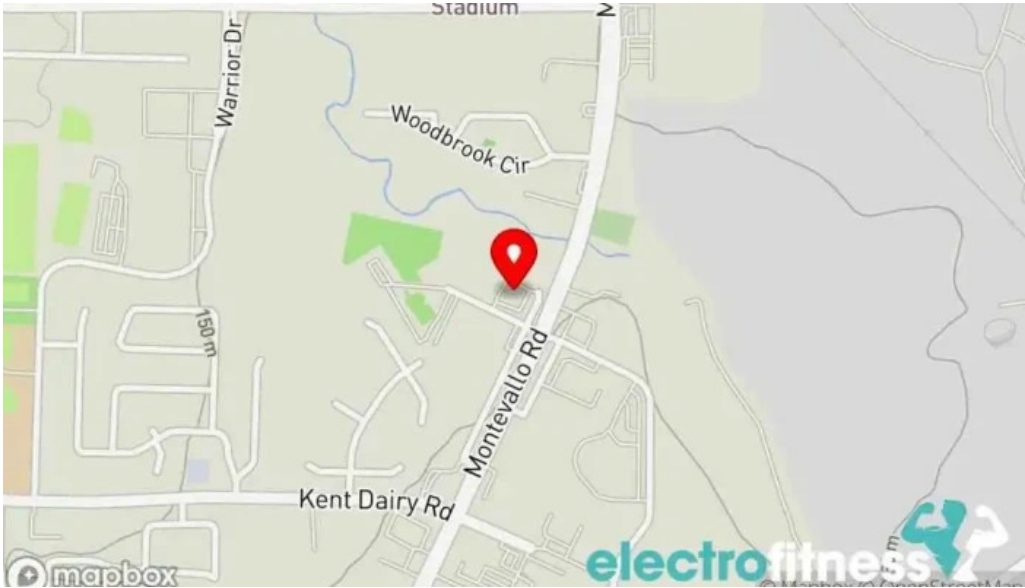
The contact line of this **Yoga studio** is +1205-860-8059

And if you want to send a WhatsApp, you can do so at +1205-860-8059

If you need to change any element that you think is not accurate regarding this web, we

ask send us a message and we will handle it at the earliest convenience. With anticipation thanks.

Images



*J leahs yoga wellness loft of alabaster map*



*J leahs yoga wellness loft of alabaster all*



*J Leah s yoga wellness loft of alabaster alabaster*

## Tags

*Accessibility, Amenities, Wheelchair-accessible car park, Toilet, Wheelchair-accessible toilet*

## Related content

5.0 *	Lake Champlain Yoga & Wellness - Essex
5.0 *	Acadiana Yoga & Wellness - Lafayette
5.0 *	Kripalu Yoga and Wellness Center - Adams Center
5.0 *	Luminecta Yoga & Wellness - Santa Fe
5.0 *	Balance Yoga: A Community Wellness Center - Richmond
5.0 *	Crystal Haven Wellness Living (previously Yoga Haven) - Littleton
5.0 *	LiveFit Wellness Suites - Littleton
5.0 *	Santa Fe Buddha Yoga Wellness Academy - Santa Fe
5.0 *	Neurologic Optimal Wellness - Agawam
4.9 *	Rejuvenate Wellness Center - Kirksville

## Categories

academic department
acupuncture clinic

after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center

fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program



physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program

women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization