

The Beas Knees Yoga Studio - Andalusia

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The Beas Knees Yoga Studio - Andalusia

The Beas Knees Yoga Studio: A Sanctuary in Andalusia, Alabama

If you are searching for a yoga studio that combines peace, community, and accessibility, look no further than ****The Beas Knees Yoga Studio**** in Andalusia, Alabama. This beautiful space stands out not just for its serene environment but also for its commitment to making yoga accessible to everyone.

Accessibility Features

One of the standout features of The Beas Knees Yoga Studio is its dedication

to **accessibility**. The studio boasts a **wheelchair-accessible car park** and a **wheelchair-accessible toilet**, ensuring that all individuals can enjoy their yoga experience without barriers. This attention to accessibility demonstrates the studio's commitment to inclusivity and community support.

Amenities That Enhance Your Experience

At The Beas Knees Yoga Studio, you'll find that the **amenities** provided contribute significantly to a positive atmosphere. The studio is always clean and organized, creating a tranquil setting for your practice. Whether you are a beginner or an experienced yogi, you will find classes that cater to every skill level, making it a welcoming space for all.

Exceptional Instruction and Community

Led by the incredible Kristy, the instruction at The Beas Knees is tailored to meet the needs of each student. Reviewers frequently highlight her ability to offer adaptations for various skill levels and her supportive nature. As one patron noted, "Kristy has been so positive and understanding from the very beginning," making it easier for newcomers to feel comfortable and safe. The camaraderie among attendees is another reason why The Beas Knees is cherished. From the moment you walk through the doors, you are greeted with warmth and kindness, creating a **vulnerable** yet safe environment to explore your yoga journey.

A Range of Classes to Suit Everyone

With a diverse array of classes available, including Chair Yoga on Wednesdays and Fridays, this studio provides options for building strength, balance, and flexibility. Many participants have pointed out the great benefits of these sessions, especially for those dealing with lower back pain or looking to improve their overall physical well-being.

Join the Community

If you are considering starting your yoga journey or looking for a new home for your practice, The Beas Knees Yoga Studio welcomes you with open arms. As many have expressed, the environment is relaxed, accepting, and promotes personal growth. With a variety of classes and a strong sense of community, it's easy to see why so many love calling this studio their home. In conclusion, The Beas Knees Yoga Studio isn't just a place to practice yoga; it's a community where every individual is valued and supported. Come and experience it for yourself – you may just find your new favorite place to unwind and heal!

You can find us at

1218 E 3 Notch St, 36420 Andalusia, Alabama - United States (US)

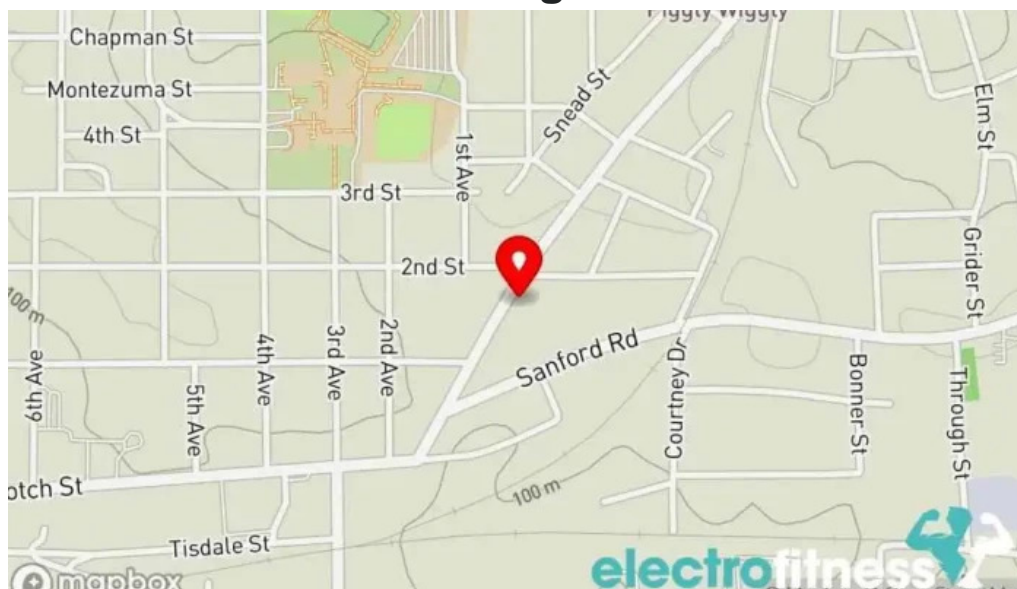
The phone of said **Yoga studio** is +1334-658-0490

And if you want to send a WhatsApp, you can do so at +1334-658-0490

The website is The Beas Knees Yoga Studio

If you need to alter any information that you believe is not correct concerning this site, we kindly request forward a message and we will adjust it at the earliest convenience. Thanks beforehand thanks.

Images



The beas knees yoga studio map

yogasculpt

You'll enhance flexibility with yoga, strengthen your core with Pilates, and build functional strength through gentle yet effective exercises. Leave feeling revitalized, focused, and ready to tackle your workday with clarity and confidence.

Gentle Yoga

This class focuses on gentle yoga postures, supportive props, and mindful breathwork to improve mobility and relieve stress.

Advanced Chair Yoga

In this class, we focus on building balance, flexibility, and strength. Through yoga poses and the use of a chair, blocks, and dumbbells, we create a supportive environment to challenge and strengthen our bodies for a well-rounded and calming practice.

Gentle

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Tags

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

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