

## Ebb and Flow Yoga - Bath

bath

☐ I'm not a robot
 

Published on: 30/05/25	Hits: 210
Comments: 0	See comments
Votes: 21	Score: 5

[https://www.electrofitness.com/yoga-studio/bath/ebb-and-flow-yoga-bath\\_353451.php](https://www.electrofitness.com/yoga-studio/bath/ebb-and-flow-yoga-bath_353451.php)



*bath*

## *Ebb and Flow Yoga - Bath*

### Discovering Ebb and Flow Yoga Studio in Bath, Maine

Ebb and Flow Yoga has become a beloved hub for yoga enthusiasts in Bath, Maine. This studio stands out not only for its inviting atmosphere but also for its commitment to making yoga accessible to everyone.

### Accessibility Features

One of the remarkable aspects of Ebb and Flow Yoga is its focus on **\*\*accessibility\*\***. The studio boasts a **\*\*wheelchair-accessible car park\*\***, ensuring that visitors can easily reach the entrance. Once inside, patrons will

find a **wheelchair-accessible toilet**, making it more comfortable for all members of the community to enjoy their yoga experience.

## **A Welcoming Environment**

From the very first class, newcomers often mention feeling a relaxed vibe and a sense of belonging. Reviews highlight the **friendly community** that practices at Ebb and Flow, creating an environment that fosters connection and support. Many have remarked on the cleanliness of the facilities, which include nice showers and private changing rooms, enhancing the overall experience.

## **Diverse Amenities and Class Offerings**

Ebb and Flow Yoga offers a variety of classes tailored to different skill levels. Whether you're a beginner or a seasoned practitioner, you'll find something that suits your needs. Patrons rave about the excellent instructors who provide personalized feedback on poses, promoting injury prevention and correct form. In addition to in-person classes, the studio also provides **online classes**, allowing students to practice yoga from the comfort of their own homes. This flexibility brings yoga to even more individuals, further emphasizing Ebb and Flow's commitment to accessibility.

## **Exceptional Service Options**

The service options at Ebb and Flow Yoga are unparalleled. Many reviews commend the **friendly staff** who make newcomers feel at ease. Instructors are praised for their ability to create challenging yet enjoyable classes, often incorporating unique touches, such as **lavender towels with essential oils** during savasana, enhancing the level of self-care offered each session.

## **A Community That Cares**

Regular attendees of Ebb and Flow Yoga often refer to the studio as the best in Maine. The sense of community cultivated here is truly admirable, with many returning week after week. Comments reflect a shared understanding of the importance of wellness and self-care, making Ebb and Flow a cherished part of their routines.

## **Conclusion**

If you're searching for a yoga studio that combines exceptional instruction with a warm, welcoming atmosphere, Ebb and Flow Yoga in Bath, Maine, is the place to be. With its strong focus on accessibility and excellent amenities, it's no wonder that this studio continues to thrive as a top choice for local residents and visitors alike. Treat yourself to a class at Ebb and Flow—you won't regret it!

**You can find us at**

149 Front St, 04530 Bath, Maine - United States (US)

The phone of this **Yoga studio** is +1207-389-4868

And if you want to send a WhatsApp, you can do so at +1207-389-4868

The website is Ebb and Flow Yoga

If you require to update any detail that you feel is not precise regarding this site, we urge you to forward a message so we can we will correct it at the earliest convenience. Thank you in advance thank you very much.

## Images

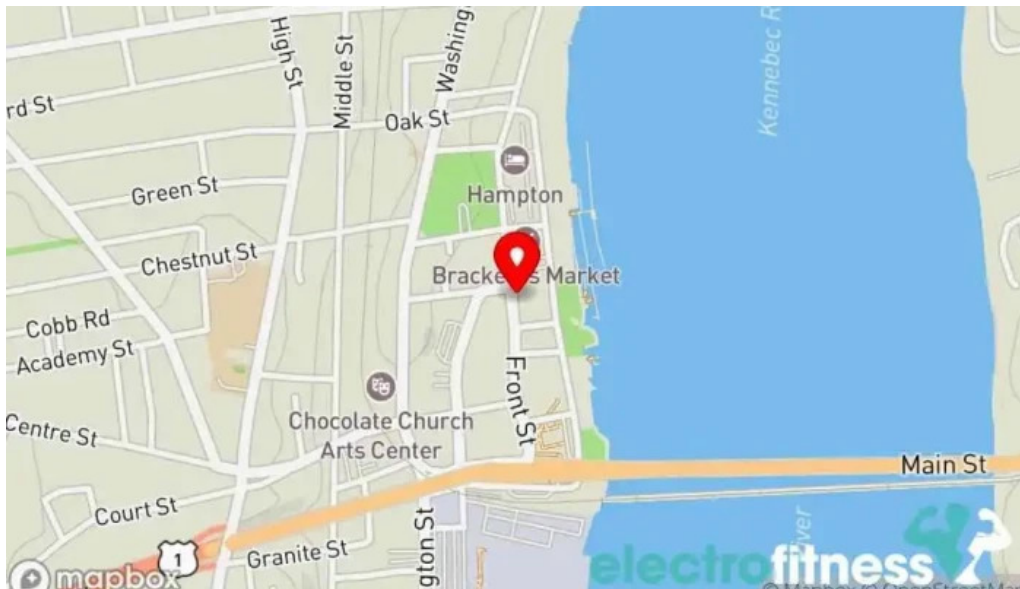


*Ebb and flow yoga yoga*

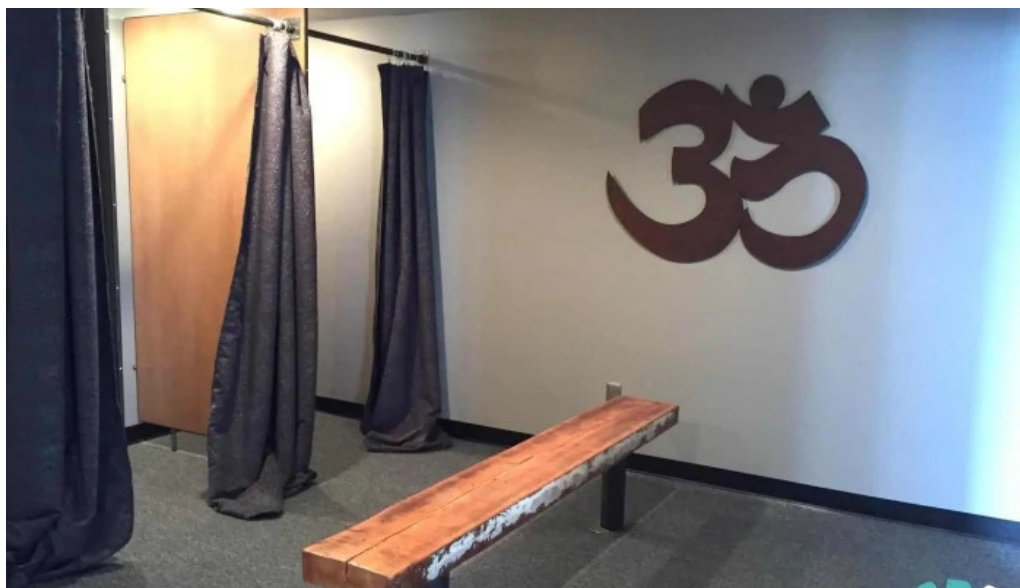


*Ebb and flow yoga street view 360deg*

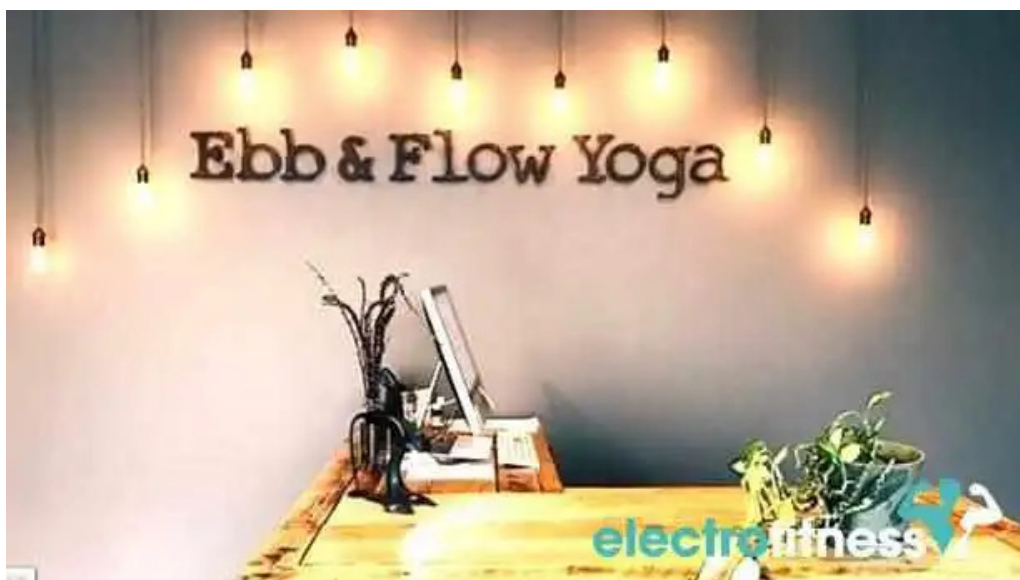




*Ebb and flow yoga map*



*Ebb and flow yoga by owner*



## Ebb and flow yoga bath



## Ebb and flow yoga all

### Tags

[Wheelchair-accessible toilet](#), [Accessibility](#), [Wheelchair-accessible car park](#), [Online classes](#), [Amenities](#), [Service options](#), [Toilet](#)

### Related content

5.0 *	<a href="#">Gaia Flow Yoga Addison - Addison</a>
4.9 *	<a href="#">Flow Space Healing Arts - Gainesville</a>
4.9 *	<a href="#">Sierra Flow Fitness, Incorporated - Sonora</a>
4.9 *	<a href="#">Okie Flow Fitness Tahlequah - Tahlequah</a>
4.8 *	<a href="#">Tahoe Flow Arts &amp; Fitness - Tahoe Vista</a>
5.0 *	<a href="#">Siddah flow Yoga - Anchorage</a>
5.0 *	<a href="#">SpaZeria Wellness Spa - Fort Myers</a>
5.0 *	<a href="#">Yoga's Arc (Mobile Yoga Company) - Phoenix</a>
4.6 *	<a href="#">True Yoga Vermont - Rutland</a>
5.0 *	<a href="#">Lake Tahoe Yoga Paddle Yoga Classes - South Lake Tahoe</a>

### Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor

country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store

health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio



pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic
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 pool
swimming school
taekwondo school
tanning salon

tennis club
thrift store
trade school
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization