

## Life in Balance Yoga - Hanover

hanover

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### *Life in Balance Yoga - Hanover*

#### **Discover Life in Balance Yoga Studio in Hanover, Pennsylvania**

Life in Balance Yoga Studio is a hidden gem located in the heart of Hanover, Pennsylvania. This studio is perfect for both beginners and experienced yogis looking for a serene environment to practice yoga and find their personal balance.

#### **Amenities for Every Yogi**

At Life in Balance, you will find a variety of **\*\*amenities\*\*** that enhance your yoga experience. The studio features a **\*\*wheelchair-accessible entrance\*\***,

allowing everyone to enjoy the calming atmosphere. Additionally, there is a **wheelchair-accessible toilet** and a **wheelchair-accessible car park**, ensuring accessibility for all visitors.

## **Service Options Tailored to Your Needs**

Life in Balance Yoga offers a range of **service options** to cater to different schedules and preferences. For those who prefer practicing from home, the studio provides **online classes**, making it easier than ever to maintain your practice. It is recommended to make **appointments** in advance to secure your spot in these sought-after classes.

## **A Welcoming Environment**

Visitors often rave about the inviting atmosphere at Life in Balance. One guest shared, "Thank you Life in Balance for providing such a beautiful and welcoming space to practice." The cozy environment fosters a sense of community among yogis, making each class a delightful experience.

## **Classes for All Levels**

Whether you're new to yoga or an experienced practitioner, Life in Balance offers a diverse range of classes. Many participants have commented on the effectiveness of the beginner classes, stating they are easy to follow while still providing a sense of accomplishment. With options like aerial yoga and Yin classes, there's something for everyone. One excited participant remarked, "It was my first time trying aerial yoga and I loved it!"

## **Expert Instructors**

The instructors at Life in Balance are known for their expertise and approachability. They create a nurturing environment where every student can thrive. As one attendee noted, "The teachers are welcoming, friendly and knowledgeable," ensuring a great experience regardless of skill level.

## **The Perfect Escape**

Life in Balance Yoga Studio is not just a place to practice; it's a sanctuary where you can escape from the hustle and bustle of daily life. Guests appreciate the small class sizes and the personalized attention provided. "Great experience, small classes, relaxing setting, and very caring people! Will definitely come back!" is a sentiment echoed by many who walk through the studio's doors. In conclusion, if you're in Hanover, Pennsylvania, and seeking a yoga studio that combines **accessibility**, expert instruction, and a welcoming atmosphere, look no further than Life in Balance Yoga Studio. This studio is truly committed to helping you find your balance in life.

## **You can find us in**

129 Broadway, 17331 Hanover, Pennsylvania - United States (US)

The contact line of said **Yoga studio** is +1717-386-6139  
And if you want to send a WhatsApp, you can do so at +1717-386-6139

### **Visit us during the following hours:**

Day	Hours
Monday	9:30AM–7:30PM
Tuesday	8:30AM–12:30PM
Wednesday	12:30PM–12:30PM
Thursday	9:30AM–8:30PM
Friday	9:30AM–7:30PM
Saturday	9:30AM–7:30PM
Sunday	9:30AM–7:30PM

The website is Life in Balance Yoga

If you require to adjust any detail that you think is not precise about this site, we kindly request send us a message so we can we will adjust it at the earliest convenience. Thank you in advance thank you very much.

## **Images**



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## Tags

*Online classes, Amenities, Wheelchair-accessible toilet, Service options, Wheelchair-accessible entrance, Accessibility, Planning, Appointments recommended, Wheelchair-accessible car park, Toilet*

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<b>5.0 *</b>	<i>Life Power Llc - Merrillville</i>

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academic department
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athletic club
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boot camp
boxing gym
boxing ring
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chiropractor
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coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course



golf instructor
grocery store
gym
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 therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
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public educational institution
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rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
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spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization