

Acadiana Yoga & Wellness - Lafayette

lafayette

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Acadiana Yoga & Wellness - Lafayette

Discover Acadiana Yoga & Wellness: A Hidden Gem in Lafayette, Louisiana

Acadiana Yoga & Wellness is a beautiful and tranquil yoga studio located in the heart of Lafayette, Louisiana. This women-owned establishment prides itself on creating a safe and welcoming environment for all its visitors.

Amenities That Enhance Your Experience

The studio offers a range of amenities designed to make your visit as enjoyable and accessible as possible. With a ****wheelchair-accessible**

entrance**, it ensures that everyone can partake in the enriching experiences offered. The **wheelchair-accessible car park** also adds an extra layer of convenience for those with mobility challenges. Additionally, the presence of a **toilet** on-site makes it easy for students to focus on their practice without concerns about basic needs.

Accessibility Features for All

Acadiana Yoga & Wellness goes above and beyond by incorporating an **assistive hearing loop** into their classes. This feature is particularly beneficial for individuals who may have hearing difficulties, ensuring that everyone can engage with the instruction effectively. The studio's commitment to **accessibility** reflects its mission to cater to students of all backgrounds and abilities.

Instructors Who Care

From the moment you step into the studio, you'll be welcomed by friendly staff who are eager to assist you on your yoga journey. Instructors like Jerry and Denise have garnered praise for their **positive and encouraging** teaching styles. Many students have expressed how these experienced teachers adapt their instructions to suit individual needs, offering modifications and adjustments that enhance the learning experience.

A Space for All Levels

Whether you are a beginner or seeking more advanced techniques, Acadiana Yoga & Wellness provides a variety of class offerings to meet your needs. Each session is tailored to accommodate different skill levels, making it an ideal place to learn proper alignment and posture for your poses or asanas. Comments from students highlight the studio's ability to offer both gentle restorative yoga and more challenging options, emphasizing its inclusive atmosphere.

Your Next Yoga Adventure Awaits

Visitors often describe their time at Acadiana Yoga & Wellness as a **"Cadillac experience."** This sentiment encapsulates the studio's commitment to delivering high-quality instruction and an exceptional environment. Attending classes here is not just about physical exercise; it's about finding peace, calm, and community in a supportive setting. In conclusion, if you're searching for a yoga studio that values accessibility, offers quality instruction, and creates a peaceful atmosphere, look no further than Acadiana Yoga & Wellness. Check it out and experience this hidden gem for yourself!

You will find us at

110 Melrose Dr, 70506 Lafayette, Louisiana - United States (US)

The contact phone of this **Yoga studio** is +1337-236-9000
And if you want to send a WhatsApp, you can do so at +1337-236-9000

Our opening hours are:

Day Hours
Monday
Closed
Tuesday
9?AM–5?PM
Wednesday
9?AM–5?PM
Thursday
9?AM–5?PM
Friday
9?AM–5?PM
Saturday
Closed
Sunday
Closed

The website is Acadiana Yoga & Wellness

If you require to change any detail that you feel is not correct regarding this page, we kindly request send a message so we can we will handle it as soon as possible. In advance thanks for your cooperation.

Images



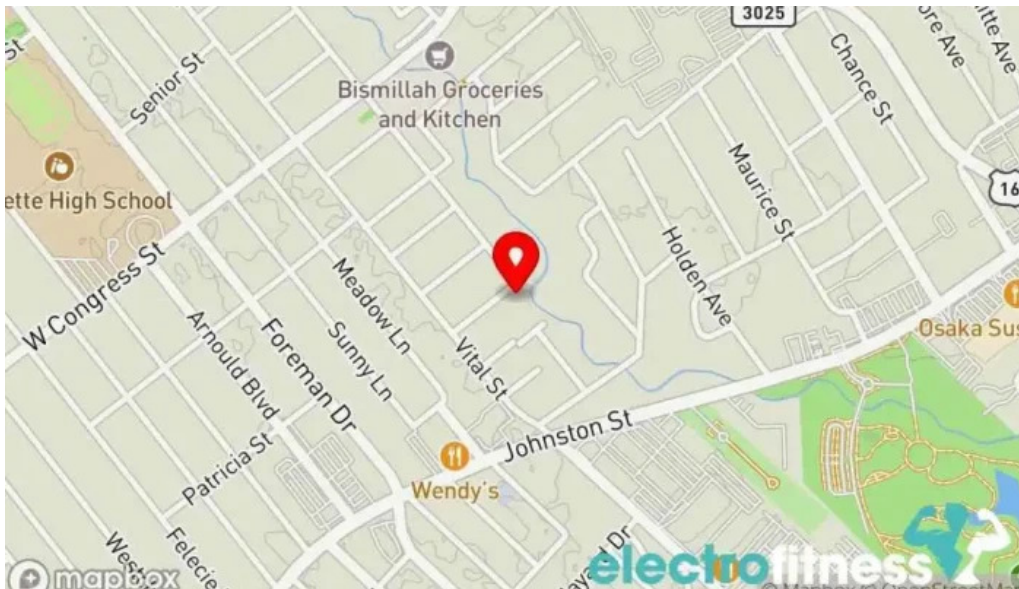
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Acadiana yoga wellness map



Acadiana yoga wellness lafayette



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