

Ascend Wellness Studio - Lafayette

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Ascend Wellness Studio - Lafayette

Discover Ascend Wellness Studio: A Hidden Gem in Lafayette, Louisiana

Ascend Wellness Studio is not just a place to practice yoga; it's an inclusive community that nurtures both body and spirit. Conveniently located off Kaliste Saloom, Ascend offers a warm, welcoming atmosphere for everyone, making it ****the best yoga studio in Lafayette****.

A Variety of Services and Amenities

At Ascend, you'll find an array of ****on-site services**** tailored to meet diverse wellness needs. Their offerings include different types of yoga classes,

breathwork sessions, and holistic treatments such as energy healing and massage therapy. The studio also provides ****outdoor services****, allowing you to connect with nature while rejuvenating your mind and body. ****Amenities**** at Ascend are designed for everyone, including a wheelchair-accessible entrance, ****wheelchair-accessible car park****, and ****wheelchair-accessible toilet****. Gender-neutral toilets ensure comfort and inclusivity for all visitors. Plus, with ****free parking lot**** available, accessing the studio is hassle-free!

Special Discounts and Flexibility

Supporting the local community, Ascend Wellness Studio proudly offers ****active military discounts****. This initiative is part of their commitment to creating a positive environment and showing gratitude towards those who serve. Moreover, Ascend understands the importance of flexibility in busy lifestyles. They provide various ****service options****, including ****online classes**** that cater to individuals unable to visit the studio physically.

For Families and Children

The studio is ****good for kids****, making it a family-friendly environment where everyone can partake in their wellness journeys together. Ascend offers classes that engage children, helping them develop a healthy relationship with yoga and mindfulness.

Community and Connection

The sense of community at Ascend is palpable. Many visitors highlight how they feel welcomed from the moment they walk through the door. The supportive environment fosters connections among participants, creating lasting friendships that extend beyond the yoga mat. One visitor mentioned, "Ascend is so much more than just a yoga studio. It's truly a community." This sentiment reflects the heart of Ascend, where every individual is encouraged to be their authentic self.

Transformative Experiences

Classes at Ascend are designed to be transformative. Participants often describe experiences such as the ****Soul Activation**** breathwork or sound baths as deeply healing. These sessions provide a unique way to clear the mind and elevate energy levels, promoting overall well-being. Instructors at Ascend are not only knowledgeable but also compassionate, offering personalized guidance tailored to each individual's journey. Many attendees have expressed that they leave feeling renewed and inspired, ready to tackle life's challenges.

Join the Ascend Community

If you're searching for a sanctuary that combines wellness, community, and personal growth, look no further than Ascend Wellness Studio. With its diverse offerings and commitment to inclusivity, it's a place where you can truly connect

with yourself and others. Whether you're new to yoga, a seasoned practitioner, or seeking holistic healing, Ascend has something special for everyone. Visit Ascend ****today**** and experience the magic of this beautiful studio for yourself!

You will find us at

118 Representative Row, 70508 Lafayette, Louisiana - United States (US)

The contact phone of said **Yoga studio** is +1337-281-9196

And if you want to send a WhatsApp, you can do so at +1337-281-9196

Visit us during the following hours:

Day	Hours
Monday	9?AM–12?PM
Tuesday	9?AM–6?PM
Wednesday	9?AM–6?PM
Thursday	9?AM–6?PM
Friday	9?AM–6?PM
Saturday	9?AM–12?PM
Sunday	9?AM–12?PM

The website is Ascend Wellness Studio

In case you want to alter any detail that you think is not accurate about this web, we ask send us a message and we will handle it quickly. With anticipation thanks for your cooperation.

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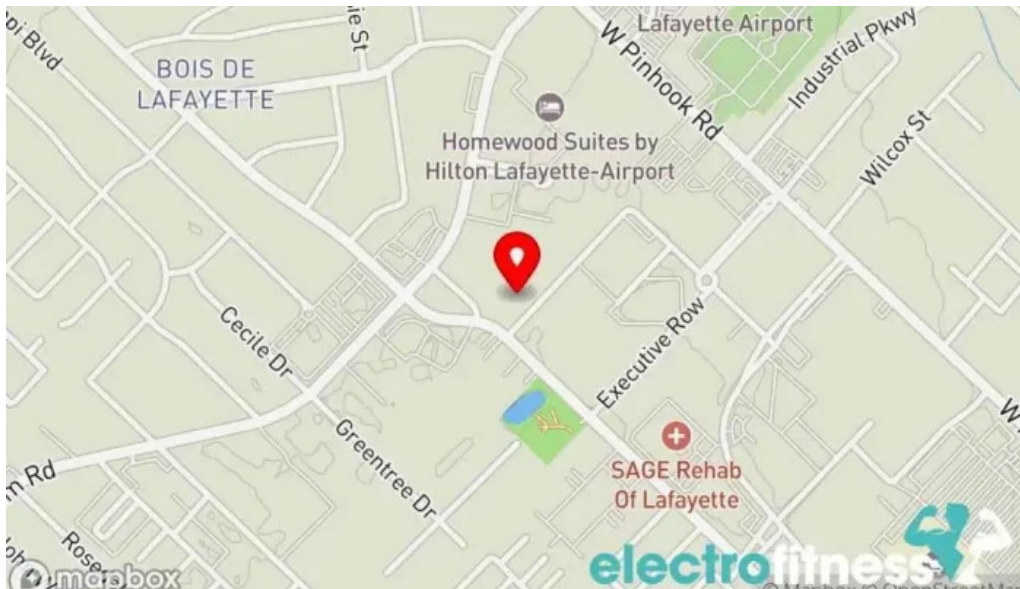
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Ascend wellness studio discounts



Ascend wellness studio by owner



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Tags

Toilet, Parking, Online classes, On-site services, Wi-Fi, Children, Highlights, Free parking lot, Service options, Good for kids, Wheelchair-accessible car park, Amenities, Wheelchair-accessible toilet, From the business, Outdoor services, Active military discounts, Wheelchair-accessible entrance, Identifies as women-owned, Accessibility, Gender-neutral toilets

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