

The Space Yoga Studio - Lafayette

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Discover The Space Yoga Studio in Lafayette, Louisiana

Welcome to **The Space Yoga Studio**, a sanctuary for yoga enthusiasts in Lafayette, Louisiana. This studio not only offers a welcoming community but also a range of **amenities** that enhance your yoga experience.

Amenities That Elevate Your Practice

The Space is equipped with various **on-site services** to cater to all

practitioners. Whether you're a beginner or an experienced yogi, you will appreciate the variety of classes available, including power yoga and calming yin sessions. With a **wheelchair-accessible entrance** and a convenient **wheelchair-accessible car park**, accessibility is prioritized for everyone.

Online Classes for Every Schedule

For those who prefer to practice at home, The Space also offers **online classes**. This flexibility allows you to join your favorite instructors from anywhere, making it easier to stay committed to your wellness journey.

Comfort and Cleanliness

The studio features clean, comfortable spaces with essential amenities like well-maintained **toilet facilities**. Many participants have noted the friendly atmosphere, which makes newcomers feel right at home. As one reviewer mentioned, "Everyone was so friendly and welcoming!"

A Community Like No Other

What sets The Space apart is its vibrant community. As described by regular attendees, it is a **judgment-free zone** where people come together to support each other's journey. The teachers are not only knowledgeable but also deeply compassionate, tailoring their classes to meet individual needs.

Experience the Energy and Healing

The unique infrared heating system in the studio enhances your practice by warming the tissues, allowing for deeper stretches and greater release. Reviewers appreciate how this heating contributes to an invigorating yet soothing experience, stating they often leave feeling "refreshed" and "energized."

Final Thoughts

If you're searching for a place that combines challenging classes with a warm and inviting atmosphere, look no further than **The Space Yoga Studio**. With a dedication to inclusivity, expert instruction, and a strong sense of community, it's truly a haven for yoga lovers. To everyone considering joining, many recommend at least attending one session—your body and mind will thank you!

You can come to our business at

411 Rena Dr, 70503 Lafayette, Louisiana - United States (US)

The phone number of the respective **Yoga studio** is +1337-427-4006
And if you want to send a WhatsApp, you can do so at +1337-427-4006

Our public attention hours are:

- Day Hours
- Monday
9:30?AM–7:15?PM
- Tuesday
5:30?AM–7:15?PM
- Wednesday
11:30?AM–7:15?PM
- Thursday
5:30?AM–7:15?PM
- Friday
11:30?AM–7:15?PM
- Saturday
11:30?AM–7:15?PM
- Sunday
8–9:30?AM

The website is The Space Yoga Studio

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Thank you in advance thanks for your cooperation.

Images



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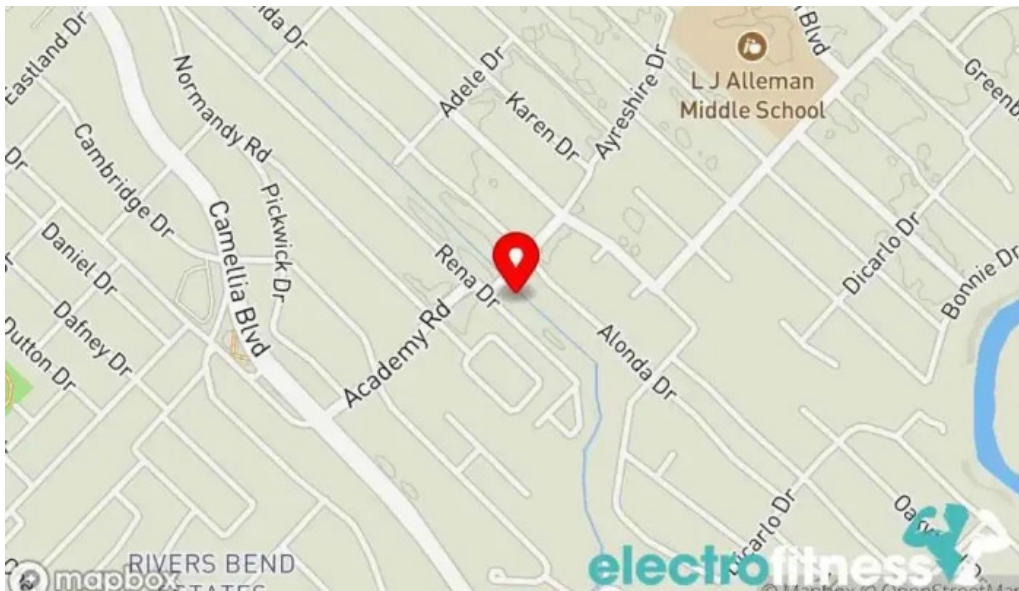
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Online classes, Service options, Wheelchair-accessible car park, Toilet, Accessibility, On-site services, Amenities, Wheelchair-accessible entrance

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