

## Power and Grace Yoga - New Bedford

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## *Power and Grace Yoga - New Bedford*

### **Welcome to Power and Grace Yoga Studio in New Bedford, Massachusetts**

Power and Grace Yoga is not just a yoga studio; it's a sanctuary where well-being, community, and holistic practices come together. This enchanting space offers a peaceful environment that invites everyone to let go and move their bodies in a supportive atmosphere.

### **Outdoor Services and Amenities**

One of the standout features of Power and Grace Yoga is its \*\*outdoor

services\*\* that connect practitioners with nature. The studio is designed with huge windows that allow for an abundance of natural light, enhancing the overall experience. Participants can enjoy classes that include yoga, sound healing, and even creative workshops, all while immersing themselves in the beauty of the surroundings.

## **A Safe Space for Everyone**

This studio proudly identifies as a \*\*women-owned\*\* business and is committed to being an \*\*LGBTQ+ friendly\*\* space. Power and Grace Yoga ensures a \*\*transgender safe space\*\* by offering \*\*gender-neutral toilets\*\*, making it a welcoming environment for everyone who walks through its doors.

## **Service Options and On-Site Services**

From the business's inception, Power and Grace has provided a variety of \*\*service options\*\* tailored to individuals of all levels, ensuring that whether you are a beginner or seasoned practitioner, there is something for you. The instructors are highly trained, with classes designed to cater to diverse needs, including special sessions like \*\*acro yoga\*\* and dance-integrated practices.

## **Community-Centric Approach**

Power and Grace Yoga fosters a sense of community that feels like family. Andrea and Neil, the guiding forces behind the studio, prioritize mental and physical wellness. They work diligently to create an inclusive atmosphere where everyone feels welcome and supported. Their dedication is evident in the glowing reviews from community members who describe the space as uplifting and magical.

## **Amenities that Enhance Your Experience**

The studio provides various \*\*on-site services\*\*, including \*\*Wi-Fi\*\*, clean facilities, and spacious rooms designed for practice, meetings, and special events. Reviews highlight the beautiful decorations, numerous plants, and the overall cleanliness of the space, contributing to a serene environment.

## **Final Thoughts**

If you're searching for a yoga studio that offers more than just classes, Power and Grace Yoga is a place to explore. With a focus on holistic healing, a welcoming atmosphere, and instructors who genuinely care, you're invited to experience the magic yourself. Whether you're looking for a calming yoga session, sound healing, or simply a warm community, this studio truly embodies the spirit of growth and transformation. Don't hesitate—run, don't walk, to your first class at Power and Grace Yoga!

## **We are at**

*675 Orchard St, 02744 New Bedford, Massachusetts - United States (US)*

The contact phone of said **Yoga studio** is +1774-328-5243  
And if you want to send a WhatsApp, you can do so at +1774-328-5243

**Our service hours are:**

Day	Hours
Monday	9:30AM–9:30PM
Tuesday	8AM–1PM
Wednesday	8AM–1PM
Thursday	9:30AM–9:30PM
Friday	9:30AM–9:30PM
Saturday	9:30AM–9:30PM
Sunday	9:30AM–9:30PM

The website is Power and Grace Yoga

In case you want to modify any information that you consider is not correct regarding this web, we urge you to forward a message and we will fix it quickly. In advance we appreciate it.

**Images**



*Power and grace yoga yoga*



*Power and grace yoga yoga studio*



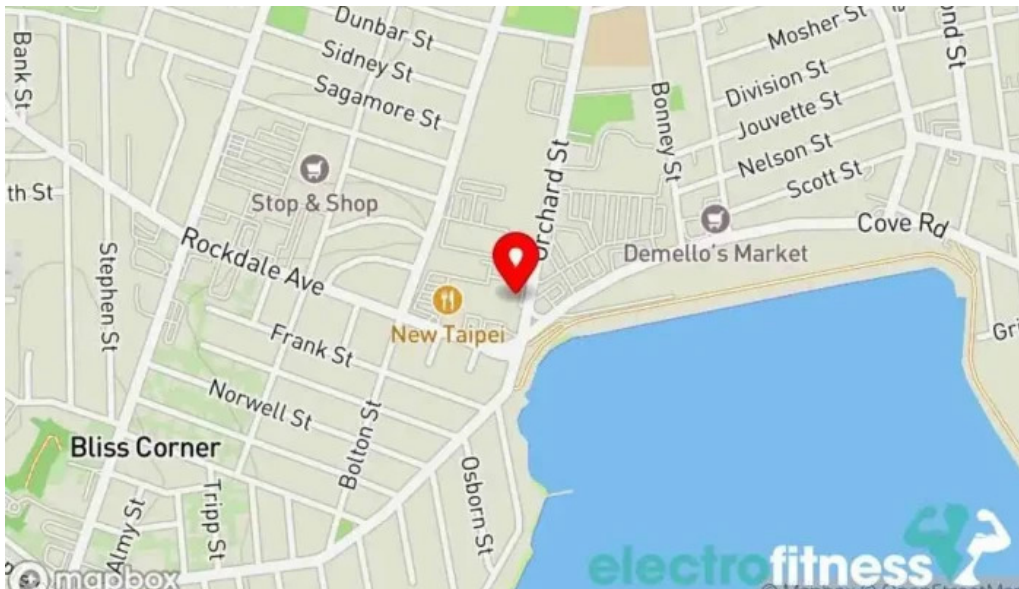
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## Tags

*Transgender safe space, On-site services, Outdoor services, Gender-neutral toilets, Amenities, Identifies as women-owned, Toilet, Wi-Fi, Crowd, From the business, LGBTQ+ friendly, Service options*

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fitness
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hospital
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karate school
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sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
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